



Yogurt & Strawberry Parfait

By Chef Veera Gaul, Ph.D.



Ingredients

3 tablespoons O&V [Strawberry Rhubarb vinegar](#) *
1 cup Greek Yogurt
½ teaspoon Melipone Vanilla
1-2 tablespoons O&V [Strawberry Honey](#)* (plus more for drizzling)
1-pint baskets strawberries, hulled, sliced
Sprig of Basil

Preparation

In a bowl, toss sliced berries with the vinegar. Toss to blend and let stand for 10 minutes

In a separate bowl beat the Greek yogurt with the vanilla and honey till well combined

Divide berries and resulting syrup among 4 bowls. Top with Greek yogurt. Drizzle the top with a little more Strawberry Honey and garnish with a sprig of Basil

Optional: add home-made granola as a topping as well

Notes

* Yes, as always, I love using the products from our Oil & Vinegar franchise. This O&V [Strawberry Rhubarb vinegar](#) has fabulous sweetness from the strawberries balanced with a tartness of rhubarb. It adds great flavor to the strawberries and draws out the

sugars in the fruit. It is also a great flavor enhancer in a glass of water, adding probiotic benefit with delicious taste.

I love to use the O&V [Strawberry Honey](#) because it enhances the flavor of strawberries, and is simply a wonderful honey that can also be added tea or even drizzled over goat cheese as an appetizer. Feel free to substitute products, just remember, that the better the ingredients, the healthier and tastier the dish.

Serves 4

Categories: Breakfast & Brunch, Dessert, Gluten-Free, Vegetarian, Sweets, Fruit, Strawberry, Honey, Vinegar, Vanilla, Breakfast, Brunch