

MEYER LEMON YOGURT PARFAIT

By Judy Kim | Yield: 2 servings

This lemony parfait is worthy of breakfast with crumbled granola or try it for dessert with broken cookies for crunch.

INGREDIENTS

2 cups plain greek yogurt

1 meyer lemon

1 mango, chopped into ¼-inch dice

¼ cup of your favorite granola

Mint sprigs for garnish

Flaky sea salt

DIRECTIONS

1. Zest the meyer lemon with a microplane grater; set aside. Using a sharp paring knife, cut off the top and bottom of the lemon until you barely see the flesh. Remove the citrus peel on all sides carefully removing all traces of the white pith. Working over a small mixing bowl, cut in between each membrane to remove each citrus section. Squeeze the remaining membrane and squeeze the lemon juice into the bowl.
2. In a small mixing bowl combine yogurt, 1 tablespoon lemon juice and 1 tablespoon lemon zest. Stir together until well blended.
3. In 2 small bowls, layer lemon yogurt, mango, granola, meyer lemon segments and repeat.
4. Garnish with mint and remaining lemon zest. Sprinkle a pinch of flaky sea salt.