Greek Yoghurt Parfaits

Ingredients:

8 cups Greek yoghurt

4 cups granola

4 cups mixed berries

5 tablespoons honey (optional)

1. In freezer-safe containers, layer 1/2 cup Greek yoghurt, followed by 1/4 cup granola and 1/4 cup mixed berries. Repeat the layers if desired.
2. Then drizzle with honey (optional).
3. Cover the containers and freeze.
4. Thaw in refrigerator overnight or enjoy lightly frozen