

## Simple Yogurt Parfait

1 serving

### *What you need:*

½ cup frozen unsweetened berries (such as blueberries, raspberries, strawberries or a mix)

1 (6 oz.) carton light vanilla yogurt

2 Tbsp low-fat granola cereal

### *All you do:*

1. Pour berries into a small bowl.
2. Spoon yogurt on top of fruit.
3. Pour granola over top of yogurt and enjoy!

\* If the berries are too hard/frozen, you can thaw berries in the microwave for 10-15 seconds, but they taste best when they are still somewhat frozen.

Nutrition facts per serving: 180 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 35g carbohydrate, 3g dietary fiber, 7g protein, 110mg sodium

