

Recipe

Strawberry Blueberry Yogurt Parfait

8 Servings

Ingredients:

4 cups fat-free (no sugar added) vanilla yogurt
2 cups fresh (or thawed frozen) strawberries, sliced
2 cups fresh (or thawed frozen) blueberries
2 cups graham crackers, crumbled
1/2 cup fat-free whipped cream (optional)

Directions:

1. Spoon 1 tablespoon of yogurt into the bottom of 8 different parfait or wine glasses that each hold 8-ounces. Add 1 tablespoon strawberries, 1 tablespoon blueberries and 1/4 cup graham crackers.
2. Repeat yogurt, strawberry, blueberry and graham cracker layers.
3. Top with a tablespoon of fat-free whipped topping, if desired.
4. Serve right away. Or cover each glass with plastic wrap and chill for up to 2 hours before serving.

Per Serving:
Calories – 179
Total fat – 2 grams
Saturated fat – 1 gram
Sodium – 34 mg
Carbohydrate – 34 grams
Fiber – 2 grams
Protein – 6 grams