

Healthy Parfait

Nutrition Facts

Serving Size: 1 cup
Servings Per Recipe: 4

Amounts Per Serving:

Calories: 136
Fat: 2.8 g
Sodium: 64 mg

Total Carbohydrate: 16 g
Dietary Fiber: 2 g

Ingredients

1 Cup strawberries
1 Pounds Vanilla Greek yogurt
1 Cup blueberries
1 Pounds natures valley granola
½ Cups blackberries

Directions

1. cut the strawberries into fourths and throw the top with the stem away
2. add 1/4 of Greek yogurt to your bowl or cup
3. layer the yogurt with 1/3 of your strawberries, blueberries, and blackberries
4. add a decent amount of natural valley granola on top of the fruit
5. Do the steps that are shown from 1-4 to layer your parfait.



Dallas Park & Recreation

Source: Modified from <https://snapguide.com/guides/make-a-healthy-parfaits/>

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