Healthy Parfait

**Nutrition Facts**
- Serving Size: 1 cup
- Servings Per Recipe: 4

**Amounts Per Serving:**
- Calories: 136
- Total Carbohydrate: 16 g
- Fat: 2.8 g
- Dietary Fiber: 2 g
- Sodium: 64 mg

**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.

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