



Strawberry & Yogurt Parfait

Servings: 1
Serving Size: About
1.5 cups

INGREDIENTS

- $\frac{1}{2}$ cup sliced fresh strawberries
- $\frac{1}{2}$ teaspoon honey
- $\frac{1}{4}$ cup non-fat plain yogurt
- 2 tablespoons granola

DIRECTIONS

1. Combine strawberries and honey in small bowl, mixing well. Let stand for 5 minutes.
2. Layer the strawberry mixture and yogurt in a small container. Top with granola and enjoy.

TIP

Look for granola with less than 10 grams of sugar per serving or substitute with a low-sugar, whole grain cereal. Use plain Greek yogurt in place of regular yogurt or an extra boost of protein.

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Total Calories
108

Total Fat
3g

Protein
3g

Total Sugar
21g

Saturated Fat
0g

Sodium
2mg

