

# Granola, Yogurt, & Berry Parfait



Serves: 1  
Prep Time: 5 minutes

**Nutrition Information**  
**Per Serving:**  
233 calories  
4g fat  
49g carbohydrate  
8g protein  
4g fiber  
136mg sodium

## Ingredients

- ½ cup low-fat or fat-free yogurt, any flavor
- ¼ cup low-fat granola
- ½ cup berries, of any kind

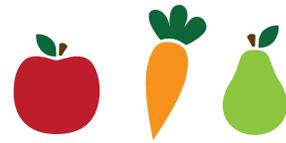
## Directions

1. Spoon yogurt into a cup, glass, or bowl.
2. Place berries on top of yogurt.
3. Sprinkle granola on top of fruit.
4. Repeat in layers if you would like.
5. Serve immediately.

Recipe credit – Aaleishia B., Bagley Elementary School, 2014 – 2015



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They learn from watching you...  
 Eat more fruits and veggies  
 and they will too!



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