Breakfast Parfait

Ingredients

1 Cup / 1 container of lite yogurt

½ C fruit

2 T. granola

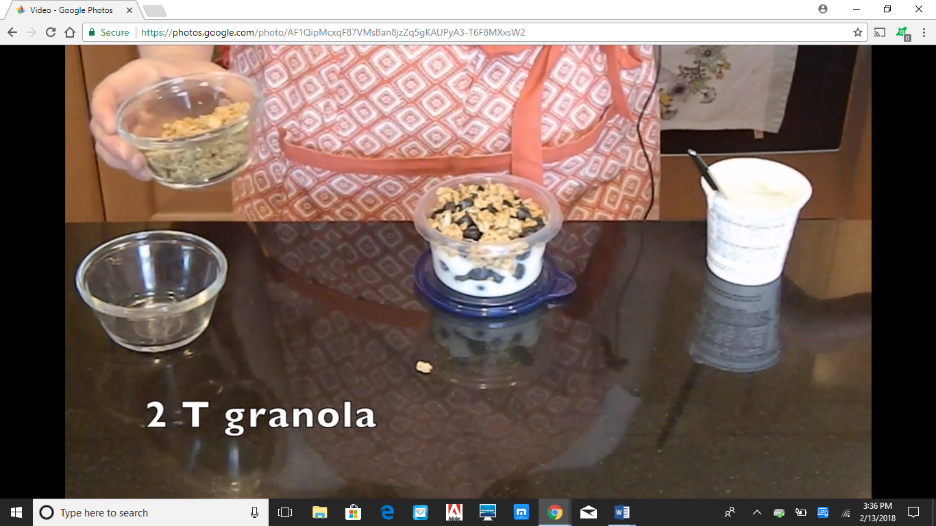
Makes 1 serving Prep-time: 3 minutes

1. Place half of the yogurt in a container, a glass or plastic container are good choices.

2. Top the yogurt with half of the fruit.

3. Layer on the rest of the yogurt and fruit.

4. Sprinkle with the granola. If you are making your parfait the night before or even an hour ahead of when you plan to eat it, the granola can become soggy. Top with granola right before you eat.



This recipe is:

* Excellent source of calcium
* Low sodium
* Low fat

