



Recipe

Fourth of July Yogurt Berry Parfait

Ingredients:

½ cup of fresh strawberries, sliced
½ cup of blueberries
½ cup plain Greek yogurt
2 tbsp. granola

Directions:

Layer the blueberries into the bottom of a tall glass. On top of the blueberries, add a ¼ cup of yogurt. On top of the yogurt, add 1 tbsp. of granola along with the strawberries. On top of the strawberries, add the remainder of the yogurt. Garnish the parfait with a couple strawberries, blueberries and 1 tbsp. of granola. Enjoy immediately.

Nutrition:

Per serving- 234 calories; 3 g fat; 31 g carbohydrates; 22 g protein