



Yogurt Parfait

Ingredients:

- 1 cup low-fat plain yogurt
- 1 TBSP granola
- 2 TBSP diced strawberries
- 2 TBSP whole raspberries
- 2 TBSP blueberries
- ¼ tsp cinnamon


Directions:


1. Start with a spoonful of yogurt as the first layer; add strawberries
2. Spoonful of yogurt; add blueberries
3. Spoonful of yogurt; add granola; add raspberries
4. Final spoonful of yogurt; add cinnamon

Note: You can use any fruits or toppings you would like!

Cookware needed:

Nothing! Just a serving bowl (I like to use a mason jar because it helps with keeping the layers nice and neat).

Cost: 

Ease: 

Health Benefit: This breakfast or snack includes protein and fiber- a great combo for fueling our days

This is a super easy recipe that can be served for breakfast or a mid-day snack!