



Yogurt Parfait

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This yummy treat is quite nutritious. It has more protein than an egg and is a good source of fiber. It has calcium and vitamin D and plenty of antioxidants. The parfait is also a good source of probiotics. It can be served as a dessert or for breakfast.

Ingredients for 1 parfait:

- 1 cup yogurt
- $\frac{1}{3}$ cup of berries or your favorite fruit (cut into bite-size pieces)
- $\frac{1}{3}$ cup low-fat, high-fiber granola or cereal

Directions:

In a tall, clear glass, layer $\frac{1}{2}$ the yogurt in the bottom of the glass. Use $\frac{1}{2}$ of the fruit for the next layer, followed by $\frac{1}{2}$ the cereal. Add the rest of the yogurt in the next layer and then top with the remaining berries and cereal.

Serve immediately so that the cereal will stay crunchy.