

GREEK YOGURT AND FRUIT PARFAIT



INGREDIENTS

1/2 cup	Nonfat vanilla Greek yogurt
1/4 cup	Blueberries (frozen)
1/4 cup	Raspberries

INSTRUCTIONS

In individual cups, alternate equal layers of yogurt and fruit.

Mix it up! Other combinations of fresh or frozen unsweetened fruit can be used.

NUTRITION

Calories:	110
Sodium:	50 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	0%



*Number of Servings: 1 (179 g per serving)
Recipe courtesy of Stephens Memorial Hospital*