

Yogurt Parfait

Ingredients

- 2 cups plain nonfat yogurt
- 1 cup strawberries, diced
- 1 cup granola

Directions

1. Add 1/2 cup of yogurt.
2. Top with strawberries and granola.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 237 calories, 2.71 g fat, 0.53 g saturated fat, 143 mg sodium, 44 g carbohydrate, 2.88 g fiber, 10.35 g sugar, 10.35 g protein

