Fruit and Yogurt Parfait

Serves 4
Recipe from *Mainsnap-ed.org*

1 cup blueberries

1 cup plain Greek yogurt

1 cup sliced fruit of choice

1 cup chopped nuts or granola

Directions:
Get out four small glasses. Wash all fruit. Divide the blueberries among the glasses. Sprinkle chopped nuts or granola over the blueberries. Divide sliced fruit of choice and place on top of chopped nuts. Spoon the yogurt on top of the sliced fruit of choice and enjoy! Refrigerate leftovers within 2 hours.

Note: Use any frozen, canned/drained, or fresh fruit to make parfait.

Nutrition per 8 ounce serving: 150 calories; 4g Fat; 7g Protein; 26g Carbohydrates; 3.5g Fiber; 85mg Sodium

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