



Very Berry Yogurt Parfait

Ingredients:

- 1 cup vanilla greek yogurt
- 2 tablespoon blueberries
- ¼ cup strawberries, chopped
- 2 tablespoon low-fat granola

Instructions:

In a clear cup, layer yogurt, blueberries, granola, and strawberries.

Variations:

- Try a fruit flavored yogurt instead of vanilla.
- Add almonds, walnuts or peanuts for extra fiber and protein.

Prep Time: 5 minutes

Cooking Time: 00 minutes

Equipment:

Clear cup

Servings: 1 serving

Serving Size: 1 parfait



Nutrition Facts: 270 Calories, 1 g Fat, 0 g Saturated Fat, 45 g Carbohydrates, 19 g Protein, 2 g Fiber, 33 g Sugar, 95 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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