

Strawberry Yogurt Parfait

This tasty and delicious yogurt parfait makes a great healthy way to start your day. You can have it for breakfast, brunch or as a light and yummy snack anytime of the day.

Recipe Type: Breakfast, Dessert, Fruits, Side Dish, Snack

Degree of Difficulty: Easy

Ingredients

½ cup Kellogs Low Fat Granola
6 each Strawberries, Large (sliced)
2 cups nonfat plain yogurt
½ tsp vanilla extract



Directions

- 1 In 2 large glasses, place ½ cup yogurt in each glass.
- 2 Place ¼ cup granola on top of yogurt in each glass.
- 3 Place ¼ of the strawberries on top of granola in each glass.
- 4 Repeat the layers and serve.

Cooking Times

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 252 calories, 1.8g total fat, <1g saturated fat, 5mg cholesterol, 243.3mg sodium, 43.1g carbohydrates, 2.6g fiber, 28.4g sugar, 16.3g protein.

Servings: 2

Yield: 2 Parfaits

Weight Watchers Points

User data 5 (text): The plain, nonfat yogurt and strawberries are not included in the FreeStyle SmartPoints calculation. All other points do not include the strawberries

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 9

FreeStyle Smart Points: 4

Tips

Try using non fat or carb smart yogurt to reduce the calories, carbs and fats in this recipe.