

Crunchy Berry Parfait

Total Servings: 1 Parfait

Total time: 7 minutes

Ingredients:

- ½ cup of vanilla yogurt (non-fat)
- 1 cup blueberries or strawberries (fresh or frozen thawed)
- ½ cup cereal
- ¼ cup almonds or walnuts

Directions:

1. Spoon yogurt into glass.
2. Top with fruit, cereal and nuts.

