



# Yogurt Parfait

Makes 1 serving

## Ingredients

- 6 ounces plain, low-fat yogurt
- 1 ounce granola cereal
- 2 ounces sliced, sweetened frozen strawberries



## Instructions

In parfait cup, add 1/2 of the yogurt. Top with diced fruit, remaining yogurt and granola.

## Nutrition Facts

Serving Size: 1 each; Calories 260; Calories from Fat 30; Total Fat 3.5 g; Saturated Fat 1.5 g; Trans Fat 0 g; Cholesterol 10 mg; Sodium 115 mg; Total Carbohydrates 49 g; Dietary Fiber 3 g; Protein 12 g

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and  
BlueChoice® HealthPlan of South Carolina