



# Berry Nutty Parfait

Makes 4 servings

Exercise and good nutrition can help reduce the risk of certain cancers. Here are several healthy recipes packed with cancer-fighting antioxidants. These dishes taste great and will give you the energy you need to keep moving.

## Ingredients

- 2 cups blueberries
- 2 cups sliced strawberries
- 1 tbsp. honey, softened by placing the jar in a pan of water over low heat
- 2 cups low-fat plain yogurt
- 1/2 cup low-fat granola
- 4 tbsp. chopped walnuts  
(pecans or almonds can be substituted)



## Instructions

Place berries in mixing bowl. Drizzle with softened honey, and toss gently to coat. Spoon 1/4 cup yogurt into four parfait glasses (tall, narrow wine glasses will do), and top with layer of berry mixture. Repeat layers with remaining yogurt and berry mix. Top with granola and nuts. Serve.

## Nutrition Facts

One serving: Calories 257; Total Fat 8 g; Saturated Fat 2 g; Protein 10 g;  
Total Carbohydrates 41 g

Recipe Courtesy of American Institute for Cancer Research



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