

Blueberry Yogurt Parfaits

2 ½ cups low fat vanilla yogurt

2 ½ cups fresh blueberries

5 tablespoons low-fat granola

Serves 5

Directions:

Spoon 1/3 cup yogurt into each of 5 small dishes. To each with ½ cup fresh blueberries. Cover with 2 2/3 tablespoons of yogurt, so that each parfait has ½ cup yogurt total. Sprinkle 1 Tablespoon low fat granola over each parfait.

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