

# Breakfast Parfait

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16 ounces fat free vanilla yogurt  
1 cup fresh or canned fruit (drained)  
1 cup low fat granola cereal

**Makes 4 portions, 1 parfait each**

Per portion

Calories:	224
Carbohydrate:	42 grams
Protein:	7 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	7 milligrams
Sodium:	115 milligrams
Dietary fiber:	2 grams

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1. If using fresh fruit, wash it.
  2. In a tall glass, layer 4 tablespoons yogurt, 2 tablespoons fruit, and 2 tablespoons of granola.
  3. Layer these ingredients again in the same order.