

Easy Strawberry Lemon Parfait

2 cups fresh or frozen strawberries
2 (6 to 8 ounces each) cartons fat free
lemon yogurt
10 gingersnaps

Makes 4 portions, 1 parfait each

Per portion

Calories:	199
Carbohydrate:	36 grams
Protein:	6 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	7 milligrams
Sodium:	195 milligrams
Dietary fiber:	2 grams

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1. Crumble gingersnaps.
 2. Wash and slice strawberries if using fresh.
 3. In each of four tall glasses put $\frac{1}{2}$ cup strawberries, followed by $\frac{1}{2}$ cup yogurt and then crumbled gingersnaps.