

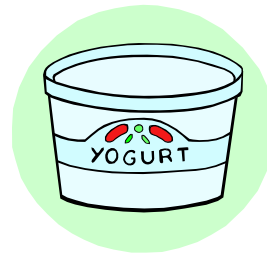
Quick and Easy Breakfast Parfait

3/4 c. fat free blueberry yogurt

1/3 c. granola

1/3 c. sliced strawberries

1/3 c. fresh blueberries



1. Layer each of the ingredients, starting with strawberries, then $\frac{1}{2}$ the yogurt, granola, more yogurt and finish with blueberries
2. Substitute any of your favorite fruits and/ or yogurts for a quick, easy and healthy breakfast!

Nutritional analysis (per serving): 242 calories, 9 g protein, 2.3 g fat, 0 g sat. fat, 50 g carbohydrate, 7.4 g fiber, 0 mg cholesterol, 92.3 mg sodium