

### ***Strawberry and Granola Yogurt Parfait***

½ cup fresh strawberries, sliced

½ cup low-fat vanilla yogurt

¼ cup granola

#### **Directions:**

1. Layer parfait starting with 2 tablespoons of granola at the bottom, next add yogurt, then strawberries. Top with remaining granola.

Serves 1

Nutrient Analysis, per serving: 260 calories, 42g. carbohydrate, 7g. protein, 3g. fat, 53mg. sodium