

Dessert

Berry Patch Parfait

Servings: 2

2 tablespoons Smucker's Low Sugar reduced sugar strawberry preserves

1 container (6 oz) sugar-free vanilla yogurt

1 cup low-fat granola cereal

1 cup fresh mixed berries

Combine preserves and yogurt in bowl, mixing well until combined

Layer each of two 8-ounce parfait glasses as follows: 1/4 cup granola, 1/4 cup berries, 1/4 cup granola, 3 tablespoons yogurt mixture, 1/4 cup berries

Garnish with dollop of remaining yogurt mixture and a whole strawberry

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .