

Dessert

Fruit and Yogurt Parfaits

Dash Magazine - May 2012

Servings: 4

Start to Finish Time: 10 minutes

2 cups vanilla yogurt

1 cup granola

1 cup blueberries

1 cup strawberries, sliced

1/4 cup sweetened shredded coconut

In each of four parfait dishes, layer 1/4 cup of yogurt, two tablespoons of granola, two tablespoons of granola, two tablespoons of blueberries and two tablespoons of strawberries.

Repeat the layers.

Top each parfait with one tablespoon of coconut.

Per Serving (excluding unknown items): 255 Calories; 13g Fat (42.2% calories from fat); 8g Protein; 30g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 62mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 1/2 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.