

**Dessert**

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# **Peach-Berry Parfait**

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**Servings: 1**

**2 scoops peach or vanilla ice cream, divided**

**1 sliced peach, divided**

**4 tablespoons blueberries, divided**

**2 tablespoons granola, divided**

In a parfait dish, layer one scoop of vanilla ice cream.

Top with 1/2 sliced peach.

Layer two tablespoons of blueberries.

Spread one tablespoon of granola.

Repeat the layers.

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Per Serving (excluding unknown items): 137 Calories; 4g Fat (26.5% calories from fat); 3g Protein; 24g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fruit; 1 Fat.