



Recipe: Berry Parfait

Servings: 1

Serving Size: 1 Parfait

Ingredients:

1 individual container Light & Fit Greek yogurt (or other brand nonfat Greek yogurt)

1/2 c. walnuts, crushed

1/2 c. frozen berries

Directions:

1. Heat frozen berries in bowl in microwave or in saucepan on stove.
2. Add berries and yogurt to small bowl.
3. Top with crushed walnuts.

Nutrition for one serving:

Calories: 315 Total Fat: 20g Sat. Fat: 2g Sodium: 50 mg

Carbohydrates: 21g Protein: 17.5g Fiber: 4.5g