



After School Snacks Recipes



Very Berry Yogurt Parfait

Prep Time: 10 Min

Ready In: 10 Min

Ingredients

2 cups vanilla yogurt

1 cup granola

8 blackberries

Directions

1. In a large glass, layer 1 cup yogurt, 1/2 cup granola and 4 blackberries. Repeat layers.

You may substitute most any kind of fruit, such as

Strawberries, blueberries and so on. You may also half the recipe, so that it only makes one serving. You may also use low-fat yogurt to lower the number of calories.

Nutritional Information

Yogurt Parfait

Servings Per Recipe: 2

Amount Per Serving

Calories: **515**

Total Fat: 17.8g

Cholesterol: 12mg

Sodium: 177mg

Total Carbs: 68.2g

Dietary Fiber: 6.5g

Protein: 21.4g

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