GREEK YOGURT AND FRUIT PARFAIT

INGREDIENTS
1/2 cup Nonfat vanilla Greek yogurt
1/4 cup Blueberries (frozen)
1/4 cup Raspberries

INSTRUCTIONS
In individual cups, alternate equal layers of yogurt and fruit.

Mix it up! Other combinations of fresh or frozen unsweetened fruit can be used.

NUTRITION
Calories: 110
Sodium: 50 mg
Trans Fat: 0 g
% Calories from Saturated Fat: 0%

Number of Servings: 1 (179 g per serving)
Recipe courtesy of Stephens Memorial Hospital