

# **Berry Good Yogurt Parfait**

*A quick, easy and delicious recipe to make for breakfast, brunch, lunch or a snack*

*Try it at your Mother's Day brunch.*

## **Ingredients:**

24 ounces Vanilla, non fat, Greek Yogurt

2 cups sliced strawberries

$\frac{3}{4}$  cups Blueberries

1 tsp cinnamon

$\frac{1}{4}$  cup sliced Almonds

## **Preparation:**

In a large bowl add all ingredients and mix gently. If desired, spoon 1 cup of Yogurt Parfait into 4 parfait cups.

Servings: 4

## **Nutrition Facts**

**Serving size 1 cup**

**Calories:** 221

**Fat:** 4grams

Saturated: <1g

**Carbohydrates:** 28 grams

Dietary Fiber: 4 grams

**Protein:** 19 grams

**Calcium:** 223 milligrams