

Breakfast Parfait for One

"Here's a layered breakfast treat that combines sweet, smooth and crunchy in every bite!"

Makes 1 serving

1 Serving: Calories 220 (Calories from Fat 10);
Total Fat 1g (Saturated Fat 0g, Trans Fat 0g);
Cholesterol 0mg; Sodium 125mg; Total
Carbohydrate 45g (Dietary Fiber 3g, Sugars 27g);
Protein 7g

INGREDIENTS:

- 1 container (6oz) Yoplait Light Fat Free yogurt (any fruit flavor)
- 1/3 cup Whole Grain Total cereal, slightly crushed
- ½ cup blueberries, sliced strawberries and/or raspberries



DIRECTIONS:

- In a tall narrow glass, place 1/3 of the yogurt.
- Top with 1/3 of the cereal and 1/3 of the fruit.
- Repeat layers twice.

Found on: eatbetteramerica.com