

whip it up wednesday

Crunch Berry Parfait

The Ingredients

- 1/2 cup yogurt, non-fat vanilla
- 1 cup blueberries or strawberries (fresh or frozen, thawed)
- 1/2 cup low-fat granola (or crunchy cereal)

The Directions

- Spoon yogurt into glass, then top with fruit and granola.



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