

Napoleon Healthy Parfait

Serving Size: 1 cup

Serves: 6

Ingredients:

3 cups nonfat sugar free vanilla yogurt
1 teaspoon grated lemon peel (lemon zest)
1 cup fresh or frozen blueberries
1 cup fresh strawberries
½ cup granola cereal

Directions:

1. Stir the lemon zest into the yogurt.
2. Allow to stand refrigerated for 1 hour.
3. In each of 6 parfait glasses layer the blueberries, yogurt and strawberries.
4. Top with a sprinkling of granola.

Exchanges per serving:

1 Milk

Nutrients per serving:

Calories: 92
Calories from fat: 24
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 1mg
Sodium: 27mg
Carbohydrate: 14g
Dietary Fiber: 2g
Sugars: 9g
Protein: 3g