



Strawberry, Granola & Yogurt Breakfast Parfait

Yield: 1 serving, serving size 1.5 cups.

Recipe from eatingwell.com.

Ingredients

- 1 cup sliced fresh strawberries
- 1 teaspoon sugar
- ½ cup nonfat plain Greek yogurt
- ¼ cup granola

Nutritional info

Calories	285
Total Fat	8g
Total Sugars	7g
Sodium	50mg
Total Carbohydrates	37g
Fiber	6g
Protein	17g
Vitamin C	98mg
Calcium	174mg
Magnesium	21mg

Directions:

1. Combine strawberries and sugar in a small bowl and let stand until the berries start to release juice, about 5 minutes.
2. To assemble parfait, layer strawberries, yogurt and granola.
3. Top with strawberries with their juice in a 2-cup Mason Jar or other container.