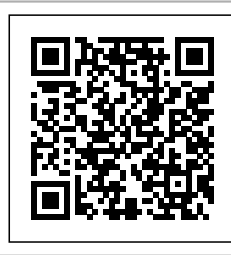


# Berry Parfait



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Recipe by: Laura Vitale

Serves 4

**Prep Time: minutes**

**Cook Time: minutes**

## Ingredients

\_\_ 2 cups of Granola

\_\_ 2 cups of Low Fat Strawberry Yogurt

\_\_ 2 cups of Mixed Berries, such as blueberries, strawberries, blackberries and raspberries

\_\_ 1 Tbsp of Sugar

\_\_ 1 tsp of Orange Zest

1) In a bowl, toss together the berries with the sugar and orange zest, let it sit for 5 minutes.

2) Line up 4 parfait glasses in front of you (or use any kind of tall glass)

3) Place a couple tablespoons of the yogurt on the bottom of each glass, top with a couple tablespoons of the berries and top that with a couple tablespoons of the granola. Repeat this process one more time ending with the granola.

Serve right away!

