

Breakfast Parfait

Ingredients

1 cup Vanilla Yogurt
½ cup Granola
½ cup Frozen Mixed Berries

Directions

In a 20 oz.. cup layer half of the yogurt, half of the granola, and half of the mixed berries. Repeat the three layers.

This parfait is good for on the go or a quick nutritional breakfast.

Sponsored by Wellness Programs
All of our recipes can be found online at
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