



UNIVERSITY OF DELAWARE  
**COOPERATIVE  
EXTENSION**

## Red, White, and Blue Parfaits

### Servings

4 servings

### Ingredients

- 2 cups vanilla yogurt
- 1 cup plain granola
- 1 cup fresh strawberries
- 1 cup fresh blueberries



### Directions

1. Slice strawberries and combine in a bowl with blueberries
2. Divide ingredients into 4 equal parts
3. In 4 tall glasses, begin creating layers by laying down yogurt, then granola, followed by fruit
4. Repeat layers until ingredients are all used
5. Serve immediately to keep granola crunchy

### Nutrient content per serving

- Calories- 250cals
- Carbs- 40g
- Protein- 13g
- Fat- 4.25g
- Sodium- 38mg
- Fiber- 4.5g

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