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