

Berry and Granola Parfait

Makes 16 oz

Calories 180 Ingredients

1/4 cup frozen blueberry

1/4 cup frozen raspberry

1 cup ice low fat Yogurt

1/2 granola (optional)

1. Put frozen berries and ice in a blender. Blend.
2. Pour in berry mixture and low fat yogurt by layers.
3. If you want for each layer of yogurt that you pour in add a little bit of granola.
4. Serve and enjoy!