

Yogurt Parfait

You'll Need: Measuring cups, measuring spoons, serving bowls and spoons

Preparation Time: 15 minutes

Ingredients	Amount for 4 Servings
Berries, fresh or frozen	2 cups
Yogurt vanilla or plain	2 cups
Wheat Germ	2 tablespoon
Banana	2 medium Bananas
Granola (or plain cereal like cheerios)	1 cup

Method:

Step 1: Layer berries, yogurt, wheat germ, banana and granola. Two to four layers works best. **Step 2:** Serve immediately or refrigerate.

Nutrients per Serving

Calories: 3150 kcals

Fat: 8.0g

Sodium: 70mg

Carbohydrate: 60.0g

Protein: 10.0g

Fiber: 5.0g