

GREEK YOGURT, CHOCOLATE, WALNUT, & WILD BLUEBERRY PARFAITS

July 14, 2011

Ingredients

½ cup fresh or frozen blueberries, thawed
2 cups nonfat Greek-style yogurt
2 ½ tablespoons mini dark-chocolate chips
½ cup oat granola
Chopped walnuts



Preparation

Spoon 1 tablespoon fresh or frozen blueberries, thawed, into each of 4 parfait glasses. Spoon ¼ cup nonfat Greek-style yogurt over berries in each glass, then top each with 1 teaspoon mini dark-chocolate chips, 1 tablespoon oat granola, and a sprinkling of chopped walnuts. Add another layer of the berries, yogurt, chocolate, walnuts, and granola to each glass; serve.

Nutritional Information

Amount per serving: Calories: 180, Fat 7g (sat 2g, mono 2g, poly 2g), Cholesterol 0mg, Protein 12g, Carbohydrate 20g, Sugars 13g, Fiber 2g, Iron 1mg, Sodium 64mg, Calcium 87 mg.

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HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

Providing guidance and support to make the “*healthy choice the easy choice.*”



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