

## Crunchy Berry Parfait



### Ingredients:

- 2 cups low-fat vanilla yogurt
- 4 cups blueberries or strawberries, fresh or frozen
- 2 cups crunchy cereal

### Directions:

1. Spoon yogurt into four small glasses and top with fruit and cereal.
2. Serve immediately.

Makes 4 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>