

Multigrain Granola and Fruit Parfait

Ingredients:

1 cup	Fresh or thawed frozen berries or a combination of fruits
1/3 cup	Nonfat plain Greek yogurt
½ cup	Multigrain granola with walnuts and dried fruit

Directions:

1. In a parfait dish or a bowl, layer half each of the fruit, yogurt and granola. Repeat layers and serve immediately. (The parfait can be made the night before and refrigerated, but the granola mixture will soften).

Nutrition Tip:

When buying commercial cereals, there are so many choices. Which one is the most nutritious? Choose a cereal made with whole grains and refer to the Nutrition Facts table. There should be at least 5 grams of fiber per serving and no more than 5 grams of fiber per serving and no more than 5 grams of sugar (or up to 10 grams if it contains dried fruit).

Frozen fruit is one of the best convenience foods to appear in supermarkets! Frozen fruit is equally nutritious as fresh fruit. To defrost, place in a heatproof bowl. Microwave on high for 30 to 40 seconds or just until fruit loses its ice crystals but is not fully defrosted (to prevent it from losing its juices).

Calories: 315	Fiber: 7 g	Fat: 07g	Cholesterol: 0 mg
Carbohydrate: 55 g	Protein: 15 g	Saturated fat: 1 g	Sodium: 35 mg