

FRESH BERRY PARFAIT

1/3 cup fresh blueberries
1/3 cup fresh strawberries
1/2 cup blackberries

1 8 oz container whipped topping
1 pint any flavored lowfat yogurt

Blend together half the berries until smooth. Layer yogurt with blended berry mixture in a parfait glass and repeat the process until desired amount is reached. Top with remaining whole fresh berries, whipped topping and granola.

Makes a single serving

Calories: 185
Total Fat: 7.2 grams
Cholesterol: 3mg
Total Carbs: 29 grams

