



YOGHURT PARFAIT

22

- GF, SOYF, SF, NF, VN, VG

INGREDIENTS

- 2 cup vanilla yoghurt (low-fat)
- 1 cup granola
- 8 blackberries

METHOD

- 1 In a large glass, layer 1 cup yogurt, 1/2 cup granola and 4 blackberries.
- 2 Repeat layers.

SERVES 2

NUTRITION INFO

CALORIES

93

TOTAL FAT

0.3g

SAT. FAT

0.2g

SODIUM

71mg

TOTAL CARBS

11.6g

FIBRE

6.3g

SUGARS

10.1g

PROTIEN

19.6g