

# Strawberry and Yogurt Parfait

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**Yields 1 Serving**

## **Ingredients:**

- 1 cup sliced fresh or frozen strawberries
- ½ cup vanilla low fat Greek Yogurt (Oikos Triple Zero, TwoGood, Chobani Zero Sugar)
- ¼ cup granola



## **Directions**

- To assemble parfait, layer yogurt and the strawberries with their juice in a 2-cup container. Top with granola.