



Honey, Yogurt & Granola Parfaits

Prep: 5 minutes • Serves: 4

- 1/3 cup chopped walnuts and/or almonds
- 1/4 cup rolled oats
- 6 tablespoons dried cranberries, cherries and/or raisins
- 1/2 cup honey
- 3 containers (6 ounces each) non-fat plain or vanilla yogurt (2 1/4 cups)
- 1/4 cup shredded apple

In small bowl, combine nuts, oats and dried fruit. Into each of 4 parfait glasses, layer 2 tablespoons honey, 1/4 of the yogurt and 1/4 of the oat mixture. Top each parfait with 1 tablespoon shredded apple.

*Approximate nutritional values per serving:
323 Calories, 6g Fat (17% of total calories), 1g Saturated (3% of total calories), 2mg Cholesterol, 100mg Sodium, 60g Carbohydrates, 3g Fiber, 11g Protein*

*Dietary Exchanges:
4 Starch; 2 Protein; 1 Fat*