

Greek Yogurt Parfait

8 oz non-fat plain Greek yogurt

1 tsp honey

¼ cup low fat granola

¾ cup blueberries

1 tsp ground flaxseed

In a glass bowl or cup, layer the above in the following order to form 3 layers: Yogurt, honey, granola, blueberries, and ground flaxseed.

Serves 1

Calories 310 Fat 2g Carbohydrate 52g Dietary Fiber 5g Protein 23g Sodium 140mg