

Fruit and yogurt parfait

Makes 1 serving

Ingredients:

1/2 cup vanilla Greek yogurt
1/2 cup mixed berries (blueberries, strawberries, raspberries, etc)
1/2 cup Rice Chex cereal
1 tablespoon chia seeds



Instructions:

In a small bowl or cup, layer yogurt, cereal, and berries. Top with chia seeds and serve.

Modifications: Sub plain yogurt for vanilla and sweeten as desired; sub non dairy yogurt; add different fruits like peaches, bananas, or apples; flavor with cinnamon or cardamom; use any cereal you have on hand; top with dried fruit.

Nutrition info: 238 calories, 5g fat, 192mg sodium, 31g carb, 11g fiber, 15g protein. Excellent source of calcium and iron. Good source of vitamin C.



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