

Spring Parfait



Ingredients:

- 1 cup, plain low-fat yogurt
- 1/2 cup strawberries, halved
- 1/2 cup blueberries
- 1/4 cup dry oatmeal
- 1/2 teaspoon vanilla

Directions:

1. Add vanilla to yogurt and mix in a small cup.
2. In a medium bowl, start by adding 1 tablespoon of yogurt.
3. Layer with oatmeal, followed by fruit, followed by another layer of yogurt.

Makes 1 Serving



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