



Dash
of
Wellness

Red, White, & Blue Parfaits

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½ -8 oz. container sugar free
whipped topping
1 cup fat-free Greek vanilla
yogurt
½ teaspoon vanilla extract

2 cups strawberries, washed,
sliced or diced
2 cups blueberries
Granola (*optional*)

Directions

1. Wash hands with soap and water
2. In a large bowl, stir together yogurt and vanilla. Fold in whipped topping.
3. In 6 small, clear cups, layer strawberries, whipped topping mixture, blueberries, whipped topping mixture, strawberries, and whipped topping mixture and top with granola in each cup. **Yield:** 6 Servings

Nutrition Facts (per parfait): 130 calories, 2.5 grams fat, 15 milligrams sodium, 25 grams carbohydrate, 2 grams fiber, 4 grams protein

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