

Easy Berries Parfait – Vegan

Prep Time: 5 minutes
Total Time: 5 minutes

Yield: 2 cups
Serving Size: 2
Calories per serving: 341
Fat per serving: 3 grams

Ingredients

- 2/3 cup unsweetened granola cereal
- 1 (6-ounce) container non-dairy yogurt
- 1/2 cup berries
- 1/2 cup strawberries, sliced
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Instructions

1. In a large glass or a bowl, alternate layers of granola, yogurt, and fruits.
2. Serve immediately.

Notes

Nutrition facts (per serving – 1 cup): Calories: 341, from fat: 26, total fat: 3g, cholesterol: 0mg, sodium: 32mg, total carbohydrate: 73g, fiber: 10g, sugar: 7g, protein: 7g.