



FRESH FRUIT & NUT PARFAIT

INGREDIENTS

1/4 cup (fresh) strawberries, sliced
1/4 cup (fresh) blueberries
1 Granny Smith apple with skin, cored and chopped
1/4 cup raw almonds, chopped*
1 tsp. ground cinnamon
1/2 cup plain yogurt
2 mint leaves (optional)

DIRECTIONS

In a mixing bowl, fold fruit, almonds and cinnamon into yogurt.

Serve in a small glass dish.

Garnish with mint leaves.

*Soak almonds overnight

BRENDA'S TIP

Try preparing enough fruit and nuts ahead of time and keep them stored in the refrigerator for easy preparation in the morning.

Also, if you don't want to keep the skin on the apple, you can peel it and add ground flax seeds for fiber.



CALORIES: 351 • **PROTEIN:** 12 grams • **FIBER:** 10 grams
SERVING SIZE: Entire recipe • **SERVES:** 1