



PB&J Yogurt Parfait



Entire recipe: 203 calories, 2.25g total fat (1g sat. fat), 190mg sodium, 37.5g carbs, 3g fiber, 26g sugars, 8g protein

Prep: 5 minutes



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Ingredients

6 oz. (about 3/4 cup) fat-free strawberry yogurt
1/2 cup chopped strawberries
1/4 cup low-fat peanut butter cereal, lightly crushed
1 tsp. peanut butter baking chips, crushed

Directions

In a mid-sized glass, layer half of each ingredient: yogurt, strawberries, cereal, and crushed peanut butter chips.

Repeat layering with remaining ingredients. Dig in!

MAKES 1 SERVING

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