



## Greek Yogurt Parfait

Yield: 1 serving

Source: VA dietitian

### Ingredients:

- 1 cup non-fat vanilla Icelandic skyr (ex. Siggie's) or Greek yogurt
- ½ cup sliced strawberries
- ¼ cup granola

### Directions:

1. In a bowl or cup layer yogurt, fruit and granola

NOTE: choose any flavor yogurt or fruit you like. Icelandic skyr yogurt tastes very similar to Greek yogurt but will usually include less added sugar.

### Nutrition information:

Calories: 327

Fat: 4g

Sodium: 94mg

Carbohydrates: 41g

Sugar: 21g

Fiber: 3.5g

Protein: 21g