

# Yogurt Parfait

Servings: 1

## Ingredients:

- 6 ounces vanilla yogurt, nonfat
- 1½ teaspoons flaxseed, ground
- 4 strawberries, finely chopped
- 1 teaspoon wheat germ
- 3 walnut halves, chopped
- ¼ cup blueberries, fresh
- ½ ounce dark chocolate, solid



## Directions:

1. To assemble parfait, simply begin layering an 8 ounce dessert glass starting with a layer of yogurt.
2. Add the flaxseed as the second layer followed by another layer of yogurt (layer 3).
3. Add the strawberries as layer number 4 followed by the last layer of yogurt.
4. Sprinkle wheat germ, walnuts, and add blueberries as the final topping.
5. Garnish with the dark chocolate. Enjoy!

## Nutrition: (Serving size: whole recipe)

calories: 298    protein: 11g    total carbohydrate: 38.5g    total fat: 12g  
sugars: 26g    sodium: 355mg    dietary fiber: 5g    saturated fat: 4g