

Fruity Oatmeal Yogurt Parfaits



INGREDIENTS

- 2 cups fresh or frozen sliced hulled strawberries, thawed and patted dry if frozen (see Cook's Tip on back)
- 2 cups fresh or frozen blueberries **OR** fresh or frozen halved blackberries, **OR** a combination, thawed and patted dry if frozen (see Cook's Tip on back)
- 1 tablespoon plus 1 teaspoon honey
- 2 teaspoons ground cinnamon
- 2 cups water
- 1 cup uncooked rolled oats
- 2 cups fat-free plain Greek yogurt



SERVINGS: 4

SERVING SIZE: 1 parfait

COST PER SERVING: \$1.75

CALORIES

238 Per Serving

PROTEIN

16g Per Serving

FIBER

6g Per Serving



STEP 1: In a medium bowl, gently stir together the strawberries, blueberries, honey, and cinnamon.



STEP 2: In a medium saucepan, bring the water and oats to a boil over medium-high heat. Boil for 5 minutes, stirring occasionally.



STEP 3: In each parfait glass, layer: $\frac{1}{4}$ cup oatmeal, $\frac{1}{4}$ cup fruit mixture, $\frac{1}{4}$ cup yogurt, and $\frac{1}{4}$ cup fruit mixture. Repeat the layers.

COOK'S TIP

Tip: You can also substitute any fruit for the berries. Apples and pears make a great choice for a fall or wintertime breakfast parfait. Plus, you can use 2 15-ounce cans of fruit, such as peaches, pears, pineapples, and mixed, in their own juices with no added sugars to replace the 4 cups of berries.