



Yogurt Parfait

2 cups vanilla yogurt, low sugar, low fat
1 1/2 cup mixed berries, fresh or frozen with no-added-sugar
2 tablespoons crushed graham crackers
1/8 teaspoon ground nutmeg

Add a layer of yogurt to the bottom of three small glasses (wine glasses or juice glasses work well for this). Top with a layer of berries. Repeat until yogurt and berries are gone. Sprinkle with graham crackers and nutmeg. Makes 3 servings.

Nutrition information per serving: 111 calories, 6 grams protein, 0 grams fat, 20 grams carbohydrate, 113 mg sodium.