

Blueberry Lemon Yogurt Parfait

This Recipe Serves 4

Ingredients

32 oz non fat, plain Greek yogurt
2 small lemons, zested and juiced
1 tablespoon vanilla
1 cup fresh blueberries, thawed from frozen will also work
¼ cup sliced almonds



Instructions

1. In a medium bowl, whisk together yogurt, lemon zest, lemon juice and Splenda.
2. Add ½ cup yogurt to a parfait dish or small bowl. Top with ¼ cup blueberries, then another ½ cup of yogurt. Sprinkle with 1 Tbsp. sliced almonds.
3. Repeat with three more parfait glasses. Serve immediately or refrigerate.

MAKE IT GLUTEN-FREE: Ensure all ingredients are gluten-free and this can be a gluten-free dish.

Nutrition Information: per serving

¼ of Recipe

200 Calories
19 g Carbohydrate
4 g Fat
25 g Protein

Recipe Modified from

<http://www.diabetes.org/mfa-recipes/recipes/2012-06-blueberry-lemon-yogurt.html>