



## Choco-Berry Crunch Yogurt Parfait



Entire recipe: 218 calories, 1g total fat (0g sat. fat), 106mg sodium, 35.5g carbs, 2.5g fiber, 26.5g sugars, 16.5g protein

**Prep:** 5 minutes



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### Ingredients

1/2 cup chopped strawberries  
1 tbsp. low-sugar strawberry preserves  
6 oz. (about 2/3 cup) fat-free vanilla Greek yogurt (like [the kind by Chobani](#))  
1/4 cup low-fat chocolate cereal (like Chocolate Cheerios)

### Directions

In a medium bowl, combine strawberries with preserves, and stir to coat.

In a mid-sized glass, layer half of each ingredient: yogurt, strawberry mixture, and cereal.

Repeat layering with remaining ingredients. Dig in!

#### MAKES 1 SERVING

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