



Blueberry Pie Breakfast Parfait



Entire recipe: 196 calories, 1g total fat (0g sat. fat), 225mg sodium, 35g carbs, 4g fiber, 20g sugars, 13g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 10 minutes



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Ingredients

2 tsp. cornstarch
1 cup blueberries (fresh or thawed from frozen; no sugar added)
1 packet natural no-calorie sweetener
1/4 tsp. vanilla extract
1/2 cup fat-free plain Greek yogurt
1 graham cracker (1/4 sheet), finely crushed

Seasonings:

1/4 tsp. cinnamon
Dash salt

Directions

In a medium microwave-safe bowl, dissolve cornstarch in 1 tbsp. water.

Add blueberries, half of the sweetener packet, 1/8 tsp. vanilla extract, 1/8 tsp. cinnamon, and salt. Mix well. Cover and microwave for 1 1/2 minutes, or until thickened.

Let cool for 10 minutes, or until cooled and thickened. (Optional: Refrigerate until chilled.)

In a small bowl, mix yogurt with remaining half of sweetener packet, 1/8 tsp. vanilla extract, and 1/8 tsp. cinnamon.

Spoon half of the yogurt into a medium glass. Top with half of the blueberry mixture. Repeat with remaining yogurt and blueberry mixture.

Sprinkle with crushed graham cracker.

MAKES 1 SERVING

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