



## Cherry Cobbler Parfait



Entire recipe: 236 calories, 2g total fat (0.5g sat fat), 137mg sodium, 45.5g carbs, 2.5g fiber, 34.5g sugars, 8.5g protein

**Green Plan [SmartPoints](#)® value 8\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 8\***

**Prep:** 5 minutes    **Cook:** 10 minutes

**Chill:** 40 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

1/2 cup frozen dark sweet pitted cherries, thawed (not drained of excess liquid)  
2 tsp. brown sugar  
1/2 tsp. cornstarch  
1 tbsp. old-fashioned oats  
1/2 tbsp. all-purpose flour  
1 tsp. light whipped butter or light buttery spread (like [Brummel & Brown](#))  
Dash cinnamon  
6 oz. (about 3/4 cup) fat-free vanilla yogurt

### Directions

In a small nonstick pot, combine cherries (along with any excess liquid from thawing), 1/2 tsp. brown sugar, and cornstarch. Add 2 tbsp. cold water and stir. Bring to medium heat. Cook and stir until thickened, about 6 minutes.

Transfer mixture to a bowl and refrigerate until chilled, about 40 minutes.

In a small microwave-safe bowl, mix oats, flour, butter, cinnamon, and remaining 1 1/2 tsp. brown sugar. Mash and stir until well mixed and crumbly. Microwave for 45 seconds, or until firm.

In a mid-sized glass, layer half of each ingredient: yogurt, cherry mixture, and oat mixture. Continue layering with remaining ingredients and enjoy!

**MAKES 1 SERVING**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.