



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

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

Prep: 5 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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

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.