



## Mixed Berry Cheesecake Breakfast Parfait



Entire recipe: 218 calories, 10g total fat (6.5g sat. fat), 192mg sodium, 25g carbs, 3g fiber, 14.5g sugars, 7.5g protein

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**Prep:** 5 minutes



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### Ingredients

1/2 cup frozen mixed berries, thawed  
1 packet no-calorie sweetener  
1/4 cup light whipped topping (thawed from frozen)  
1/4 cup light/low-fat ricotta cheese  
2 tbsp. whipped cream cheese  
1/2 tsp. vanilla extract  
1 graham cracker (1/4 sheet), crushed

### Directions

In a small parfait glass (or any small glass), mix berries with half of the sweetener packet.

In a small bowl, combine whipped topping, ricotta, cream cheese, vanilla extract, and remaining half of the sweetener packet. Stir until smooth and uniform. Spoon mixture over the berries in the glass.

Top with crushed graham cracker.

**MAKES 1 SERVING**

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