



PB&J Yogurt Parfait



Entire recipe: 203 calories, 2.25g total fat (1g sat fat), 190mg sodium, 37.5g carbs, 3g fiber, 26g sugars, 8g protein

Green Plan [SmartPoints](#)® value 7*

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

Prep: 5 minutes



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

Ingredients

6 oz. (about 3/4 cup) fat-free strawberry yogurt
1/2 cup chopped strawberries
1/4 cup low-fat peanut butter cereal, lightly crushed
1 tsp. peanut butter baking chips, crushed

Directions

In a mid-sized glass, layer half of each ingredient: yogurt, strawberries, cereal, and crushed peanut butter chips.

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.