

Fruity Oatmeal Yogurt Parfaits

This protein-packed breakfast is an easy, healthy way to start the day.

Ingredients

 **Servings** 4 **Serving Size** 1 parfait

2 cups fresh or frozen sliced hulled strawberries, thawed and patted dry if frozen (see Tip below)

2 cups fresh or frozen blueberries or fresh or frozen halved blackberries, or a combination, thawed and patted dry if frozen (see Tip below)

1 tablespoon plus 1 teaspoon honey


2 teaspoons ground cinnamon

2 cups water

1 cup uncooked rolled oats

2 cups fat-free plain Greek yogurt

Directions

 **Tip:** Click on step to mark as complete.

In a medium bowl, gently stir together the strawberries, blueberries, honey, and cinnamon.

In a medium saucepan, bring the water and oats to a boil over medium-high heat. Boil for 5 minutes, stirring occasionally.

In each parfait glass, layer: 1/4 cup oatmeal, 1/4 cup fruit mixture, 1/4 cup yogurt, and 1/4 cup fruit mixture. Repeat the layers.

Quick Tips



Tip: You can also substitute any fruit for the berries. Apples and pears make a great choice for a fall or wintertime breakfast parfait. Plus, you can use 2 15-ounce cans of fruit, such as peaches, pears, pineapples, and mixed, in their own juices with no added sugars to replace the 4 cups of berries.

 **Calories**


238 Per Serving

 **Protein**

16g Per Serving

 **Fiber**

6g Per Serving

 **Cost Per Serving**

\$1.75

Nutrition Facts

Calories

238

Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	6 mg
Sodium	47 mg
Total Carbohydrate	42 g
Dietary Fiber	6 g
Sugars	21 g
Protein	16 g

Dietary Exchanges

1 fruit, 1 starch, 1/2 other carbohydrate, 2 lean meat