

Healthy Recipe for September 2011

Summer Fun-Parfait

Preparation time: 2 minutes

Ingredients:

- $\frac{3}{4}$ c. plain Greek yogurt, non-fat yogurt
 - $\frac{1}{3}$ c. oat bran
 - chopped raw walnuts
 - $\frac{1}{3}$ c. sliced strawberries

Methods:

- Layer strawberry slices in a bowl.
 - Then, layer the Greek yogurt on top of the strawberry slices.
 - Sprinkle chopped walnuts on top of the yogurt.
 - Next, layer blueberries on top of the walnuts.
 - Top with oat bran.

*Serve immediately or cover and refrigerate until ready to eat.