



## **Fresh Chilean Blueberry and Orange Yogurt Breakfast Parfait**

### INGREDIENTS

- 1 cup granola
- 3 5oz. low-fat orange yogurt cartons
- 4 cups fresh blueberries

### INSTRUCTIONS

Divide and layer ingredients into four glasses, starting with granola, blueberries then yogurt. Repeat. Garnish with fresh orange zest.

Great for breakfast or an afternoon snack.

SERVES 4 (2 cup servings)

### NUTRIENTS PER SERVING

302 calories, 36 calories from fat, 4 gms fat, 3 gms saturated fat, 9 mg cholesterol, 61 mg sodium, 5 gms dietary fiber, 6 gms protein



*Recipe from the Chilean Fresh Fruit Association*



[www.ChileanFruitOnline.com](http://www.ChileanFruitOnline.com)