

BERRY GOOD FRUIT PARFAIT

MONEY SAVER TIP: Buy frozen fruits, take out what you need as you go!

WHY BERRIES?:

1. Help prevent cardiovascular disease and cancer.
2. Improves Circulation through the high level compounds of antioxidants widen arteries.
3. Help your memory.
4. Contain high amounts of fiber, One cup can delivers 7 grams of the daily recommended intake of 25-35 grams.
5. They whiten your teeth naturally!

ALL YOU NEED:

- 1 c. vanilla non-fat Greek yogurt
- ¼ c. Hy-Vee old fashioned oats
- ½ c. mixed berries
- 1 tbsp Hy-Vee honey
- 1 tsp ground flax seeds



ALL YOU DO:

1. Mix ingredients together and enjoy.

NUTRITION FACTS PER SERVING: SERVES 4

Calories: 320; Carbohydrate: 49 g; Cholesterol: 0 g; Dietary Fiber: 5 g; Fat: 2.5 g; Protein: 28 g;
Saturated Fat: 0 g; Sodium: 110 mg; Trans Fats: 0 g