

**Recipe Name: Red, White, & Blueberry Parfait**  
**Submitted By: Kyoko**

Recipe Categories: Miscellaneous

**Ingredients:**

- 1 C plain Greek yogurt (non-fat or low-fat) divided
- 1/2 C fresh raspberries, divided
- 1/4 C blueberries
- 1/4 C granola

**Directions:**

Muddle half of the raspberries in a bowl. In your serving glass, layer ½ cup yogurt on the bottom, followed by the muddled raspberries. Sprinkle with granola and blueberries. Top with the remaining yogurt and remaining raspberries. If you prefer blueberries, top with blueberries instead. Sprinkle granola on top to garnish, if desired.