

Yogurt and Berry Parfait with Granola

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1/2 cup of blueberries
1/2 cup of mixed berries
2 teaspoons of sugar or sugar substitute
Chiffonade of mint leaves, *optional*
1 cup of low fat or fat free vanilla [Greek style yogurt](#)
1/2 cup low fat granola
1 tablespoon of chopped walnuts
Mint leaves to garnish, *optional*

Mix the blueberries, mixed berries, sugar and mint; stir well and set aside to macerate for about 5 minutes. Using a slotted spoon, remove 1/2 of the fruit and place it into the bottom of a glass, reserving the juice. Top the fruit with 1/2 of the yogurt and 1/2 of the granola. Continue layers with remaining fruit, yogurt, and granola. Sprinkle walnuts on top and spoon some of the juices over the top. Garnish with a sprig of mint if desired.

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