

# Strawberry Granola Parfait

NUMBER OF SERVINGS: 1

## Ingredients

- Strawberry yogurt 1 cup (250 mL)
- Ontario strawberries, sliced 1 cup (250 mL)
- Granola ½ cup (125 mL)

## Directions

1. Mix all ingredients together for a delicious breakfast treat!



Did you know? A strawberry is not actually a fruit. The part we know as the berry is actually the enlarged stamen end of the flower.



Strawberries have anti-inflammatory properties which may help protect against various age-related diseases.



Substitute any kind of berries for strawberries, or add a berry mixture.

## NUTRITION PER SERVING

Calories 407 | Protein 15 g | Fat 6 g | Carbohydrates 77 g | Fibre 7 g | Sodium 277 mg

# Breakfast



Recipe  
and photo  
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