

Healthy Breakfast Yogurt Parfait

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/cereal-bar-recipe-indian>

Ingredients:

- 2 cups yogurt plant based, plain/sweetened
- 1 cup berries
- 1 cup cereal bar chopped vegan, /granola
- 2 cups vegan yogurt plain/vanilla
- 1 cup Fresh berries
- 1 cup granola /chopped cereal bar, vegan

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 3 grams
8. Sodium: 100 milligrams
9. Sugar: 15 grams

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