

Low-Sugar Double Blueberry Yogurt Parfait

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/panera-greek-yogurt-parfait-recipe>

Ingredients:

- 1 cup frozen blueberries or fresh, thaw if frozen
- 4 tablespoons agave nectar blueberry, or less if you'd like it a little less sweet; you could probably use plain agave nectar but it w...
- 6 ounces greek yogurt fat-free
- 6 ounces vanilla yogurt low-carb or low-sugar

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 85 milligrams
9. Sugar: 18 grams

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