



# Berry Parfait

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Top yogurt with berries, Kashi and pumpkin seeds.
2. Optional: warm up berries in the microwave for 30 seconds - 1 minute.

## INGREDIENTS

- 1/2 cup Non-fat Greek Yogurt
- 1/4 cup Strawberries (or any berry; fresh or frozen)
- 2 tablespoons Toasted Berry Crisp Kashi Cereal
- 1 tablespoon Pumpkin Seeds

### NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 101mg
Total Fat 4.11g	Saturated Fat 0.71g
Carbs 24g	Fruits 0.54 servings
Calories 178kcal	Vegetables 0 servings
Fiber 3.21g	Added Sugar 1.5g

