Breakfast Parfait
Serving Size: 1 Parfait
Yield: 1 Serving

Ingredients:
1 cup fat-free artificially sweetened vanilla yogurt
4 pecan halves, chopped
1 small banana, sliced
3 Tbs wheat germ
3 graham crackers (2½-inch squares)

Instructions:
1. Layer yogurt, pecans, banana, and wheat germ in a parfait glass.
2. Serve immediately.
3. Refrigerate any leftovers.

Nutrition Per Serving:
Calories 306, Calories from Fat 63g, Protein 18g, Fat 7.1g(sat 0g), Carbohydrate 58g, Fiber 4g, Cholesterol 4mg, Sodium 332mg, Sugar 23g

Healthy Additions:
• Add your favorite fruits such as blueberries, strawberries, or kiwi.

Healthy Tip:
• Start each day with a nutritious and delicious breakfast.

See how to make this and all the recipes in this book on “Good Health IS Possible” DVD.