Yogurt Berry Parfaits

1/3 cup apricot preserves
2 cups fresh strawberries, sliced
1 cup fresh blueberries
2 cups low-fat vanilla yogurt
1/2 cup granola cereal
2 Tablespoons slivered almonds

Place apricot preserves in a medium microwave safe bowl; microwave on high for 10-15 seconds or until preserves is melted. Add berries; toss gently to coat. If microwave is not available, warm preserves in a small saucepan over low heat, stirring until melted.

Spoon 1/4 cup yogurt into each of 4 parfait glasses; top each serving with 1/3 cup berry mixture. Repeat the layers with the remaining yogurt and berry mixture.

Top each serving with 2 Tablespoons granola and 1 1/2 teaspoons almonds. Serve immediately.

Serves: 4
Cost per serving: $1.51

Nutrition facts per serving
Calories: 300
Total Fat: 4 g
    Saturated Fat: 1 g
    Trans Fat: 0 g
Cholesterol: 10 mg
Sodium: 90 mg
Total Carbohydrate: 62 g
    Fiber: 4 g
    Protein: 7 g

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