



Blueberry-Orange Parfaits



This snack comes together in a few minutes if you purchase orange sections from the refrigerated part of the produce section. To make ahead, prepare parfaits and refrigerate, covered, for up to four hours; sprinkle with wheat germ just before serving.

Yield

4 servings (serving size: 1 parfait)

Ingredients

- 1 1/2 tablespoons Demerara or turbinado sugar
- 1/2 teaspoon grated orange rind
- 2 (7-ounce) containers reduced-fat plain Greek-style yogurt
- 2 cups fresh blueberries
- 2 cups orange sections (about 2 large)
- 1/4 cup wheat germ

Preparation

1. Combine first 3 ingredients in a small bowl, stirring until blended. Spoon 1/4 cup blueberries into each of 4 tall glasses. Spoon about 2 1/2 tablespoons yogurt mixture over blueberries in each glass. Add 1/4 cup orange to each serving. Repeat layers with remaining blueberries, yogurt mixture, and orange. Sprinkle 1 tablespoon wheat germ over each serving; serve immediately.

Nutritional Information

Calories: 186
Fat: 3g (sat 1.6g, mono 0.1g, poly 0.5g)
Protein: 11.8g
Carbohydrate: 31.9g
Fiber: 4.2g
Cholesterol: 5mg
Iron: 1mg
Sodium: 34mg
Calcium: 125mg

Jaime Harder, MA, RD, *Cooking Light*, JUNE 2009