

The logo for Beauty Foods, featuring a large, light grey 'bf' monogram in the background and the words 'beauty foods' in a pink, lowercase, sans-serif font in the foreground.

Beauty Foods Fruit and Yogurt Parfait

A dreamy concoction layered with your favorite nuts and berries




Product Used In This Recipe:

[Chocolate Bliss Beauty Blend](#)

[Chocolate Chai Renewal Beauty Blend](#)

[Vanilla Dream Beauty Blend](#)



10 min  2 servings  302 cal 

Ingredients:

2c non-fat, plain yogurt

2 packets Vanilla Dream, Chocolate Dream, or Chocolate Chai Renewal

1c berries and/or chopped peaches, mango, or papaya

½ c muesli or low-fat granola

Directions:

Stir the packets of Beauty Foods into the yogurt. Add ¼ of the yogurt to the bottom of a tall glass. Layer 2 Tblsp of fruit on top and 1 Tblsp of granola on that. Follow with an additional layer of all 3.

Nutrition Facts:

Calories 302, calories from fat 14, cholesterol 5mg, sodium 267mg, sugar 33g, protein 16.5g