

## Fruity Yogurt Parfait



### Ingredients

6 OZ all natural Greek yogurt  
1 TBS wheat germ  
½ TSP SLR's Saigon  
Cassia Cinnamon  
Fresh fruit

### Optional Ingredients

½ CUP low-fat granola  
½ TSP Stevia or Truvia  
*(a natural sugar substitute made from the stevia plant, found in most grocery stores)*

**Yogurt Parfait** is delicious for breakfast, a snack or even a dessert! You can layer the yogurt, granola and fruit in a clear glass or bowl for a lovely presentation or mix it all together for a quick preparation.

Use your favorite fruits in season and remember that the darker fruits, such as blueberries and raspberries, have the most “brain healthy” punch!

Experiment with different granolas to find the one you like best. Be sure to buy low-fat as some granolas are very high in calories.



**BRAIN  
HEALTHY  
COOKING**

*A recipe from the kitchen of* 