

Blueberry Coconut Parfaits

A cool & creamy snack~

Ingredients

- 1 cup plain low-fat yogurt
- 1 Tbls bulk sugar substitute
- 1 tsp fresh lemon juice
- 1 tsp vanilla extract
- 1 ½ cup blueberries
- 2 Tbls unsweetened shredded coconut

Directions

1. Whisk together yogurt, sugar substitute, lemon juice and vanilla.
2. Divide blueberries between 4 parfait glasses and top each with equal amounts of the yogurt mixture.
3. Sprinkle each with coconut and top with single blueberry. Serve garnished with mint leaves.

Note: By using Greek yogurt, you increase the protein!

Makes 4 servings

Nutrition Facts:

Calories 90

Total Fat 3g

Effective Carbohydrates 11g

Dietary Fiber 1.5g

Protein 4g



From The Good Carb Chef