

Peach Parfait

Ingredients (makes 4 servings)

- 2 cups Low-fat vanilla yogurt
- 1/2 cup Canned peaches (cut into small pieces)
- 4 Tablespoons Cinnamon Life cereal

Directions

1. Scoop 1 Tablespoon of cereal into four bowls
2. Top cereal with 1/2 cup yogurt
3. Top each parfait with 2 Tablespoons of peaches

Serve, and enjoy!

Nutrition Information- Per serving

Calories	128	Total Sugars	21g	Sodium	96mg
Protein	7g	Total Fat	2g	Cholesterol	6mg
Carbohydrate	23g	Saturated Fat	1g	Fiber	1g



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