

## Red, White, and Blue Parfaits

*Makes 6 servings*



### Ingredients:

- 1 - 8 oz carton of vanilla low-fat yogurt
- 1/4 teaspoon almond extract **OR** ½ teaspoon vanilla
- 3 cups fresh raspberries and/or cut up fresh strawberries
- 3 cups fresh blueberries

### Directions:

1. In a large bowl, stir together yogurt and almond or vanilla extract.
2. To serve, in six 12 oz glasses, alternate layers of the berries with layers of the yogurt mixture.