

Recipe: Watermelon Breakfast A Go Go

Yield 4

Serving Size: 1/2 cup

Ingredients:

- * 1 c. low fat granola
- * Small chunks of seedless watermelon, strawberries, peaches, bananas, or blueberries
- * 1 c. low fat yogurt

Garnishes:

- * slice of banana
- * toasted almonds or coconut
- * chunks of watermelon



In a large, cylindrical glass or "to go cup" container, create the following parfait:

Directions:

- a. Bottom Layer: Low fat granola.
- b. Next Layer: Small chunks of seedless watermelon.
- c. Next Layer: Low fat banana yogurt.
- d. Next Layer: Low fat granola.
- e. Next Layer: Small chunks of seedless watermelon.
- f. Top Layer: Low fat banana yogurt.
- g. Garnish: A slice of banana, toasted almonds or coconut, and chunks of watermelon.

Recipe found at: <http://www.fabulousfoods.com/recipes/breakfast/misc/wmelongogo.html>