ANY-TIME-OF-DAY PARFAIT

Ingredients:

1 cup canned sliced peaches, drained
1/4 cup coarsely chopped almonds
1 container nonfat vanilla yogurt (8 oz.)
1 cup low-fat granola

Directions:

1. Layer 1/4 cup peaches, 2 tablespoons almonds, 1/4 cup yogurt, and 1/4 cup granola.

2. Repeat layers.

Makes 2 servings.

Nutritional information per serving:

Calories:	420
Total fat:	8.95g
% calories from fat:	19.2%
Calcium:	239.5mg