

# Cereal-ously Crunchy Blueberry Parfait

\*Serves 2\*

## INGREDIENTS

**1 cup** cereal - your choice

**1/2 cup** fresh blueberries

**6 oz** yogurt mixed berry

## DIRECTIONS

1. Put some cereal in a plastic food storage bag. Seal the bag and gently crush the cereal using a rolling pin.

2. Take two small cups (about 8 ounces each). In each cup, add half of the blueberries, half of the yogurt and half of the crushed cereal on top.

3. Serve right away and enjoy your tasty blueberry parfait!

