

COUSCOUS FRUIT PARFAIT

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving=1 cup)

Nutrition (per serving)

Calories: 175

Total Fat: 4 g

Saturated Fat: 0 g

Sodium: 40 mg

Total Carbohydrate: 28 g

Dietary Fiber: 4 g

Protein: 9.5 g



Ingredients

- 3/4 cup skim milk
- 1/3 cup uncooked whole wheat couscous (choose millet or buckwheat for GF version)
- 3/4 cup non-fat Greek plain yogurt
- 1 Tablespoon honey
- 1-2 teaspoons lemon zest
- 2 teaspoons lemon juice
- 1/2 cup strawberries, hulled and sliced
- 1/2 cup fresh blueberries
- 1/2 cup sliced peaches or nectarines
- 1/2 cup fresh raspberries
- 1/4 cup slivered almonds



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Directions

1. In a medium saucepan, warm milk on medium to high heat, stirring constantly. Just before boiling, stir in couscous, cover, and simmer on low for about 5 minutes. Remove from heat and let sit for another 5 minutes. Fluff with a fork and allow to cool.
2. In a small bowl, combine yogurt, honey, lemon juice, and lemon zest. Add couscous and mix well.
3. Using 4 clear glasses, layer $\frac{1}{4}$ cup fruit first, followed by $\frac{1}{4}$ cup couscous mixture, repeat once, ending with fruit on top.
4. Top with 1 Tablespoon slivered almonds. Serve chilled.



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