

berry parfait

ingredients:

- 5 Thank U Berry Munch cookies
- 8 oz. yogurt
- 1 cup of assorted berries

makes 1 serving

directions:

1. Crush cookies in a plastic bag or food processor.
2. Layer yogurt, berries and crumbled cookies in a tall glass or clear bowl.
3. Serve chilled with a few berries on top for a healthy treat or filling breakfast.