



## Cherry Cobbler Parfait



Entire recipe: 236 calories, 2g total fat (0.5g sat. fat), 137mg sodium, 45.5g carbs, 2.5g fiber, 34.5g sugars, 8.5g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes

**Chill:** 40 minutes



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### Ingredients

1/2 cup frozen dark sweet pitted cherries, thawed (not drained of excess liquid)  
2 tsp. brown sugar  
1/2 tsp. cornstarch  
1 tbsp. old-fashioned oats  
1/2 tbsp. all-purpose flour  
1 tsp. light whipped butter or light buttery spread (like [Brummel & Brown](#))  
Dash cinnamon  
6 oz. (about 3/4 cup) fat-free vanilla yogurt

### Directions

In a small nonstick pot, combine cherries (along with any excess liquid from thawing), 1/2 tsp. brown sugar, and cornstarch. Add 2 tbsp. cold water and stir. Bring to medium heat. Cook and stir until thickened, about 6 minutes.

Transfer mixture to a bowl and refrigerate until chilled, about 40 minutes.

In a small microwave-safe bowl, mix oats, flour, butter, cinnamon, and remaining 1 1/2 tsp. brown sugar. Mash and stir until well mixed and crumbly. Microwave for 45 seconds, or until firm.

In a mid-sized glass, layer half of each ingredient: yogurt, cherry mixture, and oat mixture. Continue layering with remaining ingredients and enjoy!

#### MAKES 1 SERVING

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