

# Ricotta & Yogurt Parfait

Source: EatingWell

Servings: 1

🕒 5 min

## Ingredients

- ¾ cup nonfat vanilla Greek yogurt
- ¼ cup part-skim ricotta
- ½ teaspoon lemon zest
- ¼ cup raspberries
- 1 tablespoon slivered almonds
- 1 teaspoon chia seeds

## Directions

Combine yogurt, ricotta and lemon zest in a bowl. Top with raspberries, almonds and chia seeds.



## Nutrition Facts Per Serving:

272 calories; protein 21.7g; carbohydrates 25.1g; dietary fiber 5.1g; sugars 14.2g; fat 9.6g; saturated fat 3.4g; cholesterol 23.9mg; vitamin a iu 250.8IU; vitamin c 9.4mg; folate 19.3mcg; calcium 384.7mg; iron 1mg; magnesium 46.2mg; potassium 397.7mg; sodium 119.1mg; thiamin 0.1mg; added sugar 6g.