



## Blueberry Pie Breakfast Parfait



Entire recipe: 196 calories, 1g total fat (0g sat fat), 225mg sodium, 35g carbs, 4g fiber, 20g sugars, 13g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 5 minutes    **Cook:** 5 minutes or less

**Cool:** 10 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

2 tsp. cornstarch  
1 cup blueberries (fresh or thawed from frozen; no sugar added)  
1 packet natural no-calorie sweetener  
1/4 tsp. vanilla extract  
1/2 cup fat-free plain Greek yogurt  
1 graham cracker (1/4 sheet), finely crushed

#### Seasonings:

1/4 tsp. cinnamon  
Dash salt

### Directions

In a medium microwave-safe bowl, dissolve cornstarch in 1 tbsp. water.

Add blueberries, half of the sweetener packet, 1/8 tsp. vanilla extract, 1/8 tsp. cinnamon, and salt. Mix well. Cover and microwave for 1 1/2 minutes, or until thickened.

Let cool for 10 minutes, or until cooled and thickened. (Optional: Refrigerate until chilled.)

In a small bowl, mix yogurt with remaining half of sweetener packet, 1/8 tsp. vanilla extract, and 1/8 tsp. cinnamon.

Spoon half of the yogurt into a medium glass. Top with half of the blueberry mixture. Repeat with remaining yogurt and blueberry mixture.

Sprinkle with crushed graham cracker.

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.