

Cookie Dough Parfait

Have you hopped onto the TAP Cookie Dough craze yet? The beautiful presentation will make you feel like you are having a high-calorie, decadent dessert, but actually, it's breakfast!

Ingredients:

2 containers TAP Cookie Dough - any flavor

3, 6-ounce containers Greek yogurt (or any yogurt up to 120 calories and 12 grams of sugar is ok)

1.5-2 cups blueberries or sliced strawberries

3 medium-sized parfait cups

Instructions:

1. In a small bowl, crumble all the cookie dough until you have a granola texture.
2. Using the first yogurt container, layer it, divided evenly, on the bottom of each parfait cup.
3. Place $\frac{1}{3}$ of the cookie dough crumble on top of the yogurt.
4. Place a layer of the blueberries on top of the cookie dough crumbles.
5. Repeat these steps until your ingredients are used up and the cups are both full.

Makes 3 servings. Count each serving as a breakfast.

