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Layered Yogurt Parfait

1 ½ cup full fat vanilla yogurt...vanilla is the best for this (no artificial sweeteners or fat free versions)

½ cup chopped nuts (almonds, walnuts, pecans...your choice)

1 cup fruit of choice (blueberries, raspberry, strawberries, etc)

In a cup, layer the yogurt, nuts, and berries. Enjoy