Strawberry Shortcake Parfait

Yield: 3 servings

Ingredients:
- 1 pint strawberries cut into large chunks
- 1 tablespoon granulated sugar
- 1 cup low-fat vanilla yogurt
- ½ store bought angel food cake, cubed

Directions:
In a bowl, toss berries with 2 teaspoons sugar. Cover and chill for 30 minutes to an hour. In another bowl, mix yogurt with remaining teaspoon of sugar. Build shortcakes in parfait glasses using a few cubes of angel food cake for bottom layer, followed by 2 tablespoons of yogurt mixture, then 1 tablespoon of strawberries. Repeat process to make another layer.