

Yogurt Berry Parfait

Prep time: 5 minutes

Makes: 4 servings

Ingredients

2 cups yogurt (low-fat or fat-free, plain or vanilla*)

1 cup banana (sliced)

1/2 cup blueberries (fresh)

1/2 cup strawberries (fresh, sliced)

other optional fruit (raspberries, peaches, pineapple and/or mangos)

1 cup granola

Directions

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process.

*Low-fat vanilla yogurt used for costing and nutrient analysis.

Note: *Optional ingredients are not included in the nutrient or cost analysis.*

Nutrition Information

Nutrients	Amount
Calories	304
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	6 mg
Sodium	89 mg
Total Carbohydrate	46 g
Dietary Fiber	5 g
Total Sugars	30 g
Added Sugars included	13 g
Protein	11 g
Vitamin D	40 IU
Calcium	240 mg
Iron	2 mg
Potassium	613 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/2 cup
	Grains	1/2 ounce
	Protein Foods	1/2 ounce
	Dairy	1/2 cup

Notes

For a video demonstration of the preparation of this recipe, see: www.nutrition.gov/kidscook.

Source: Food and Nutrition Information Center