



Strawberry Banana Parfait

Prep time: 5 minutes

Makes: 1 Serving

Enjoy the flavors of layered strawberries, crispy cereal flakes and creamy yogurt in this delicious parfait. Serve as a fruit-filled breakfast option or a better-for-you dessert!

Ingredients

1/2 medium ripe banana, mashed

1/8 teaspoon vanilla

1/3 cup plain non-fat yogurt

1/2 cup sliced fresh strawberries

1/2 cup bran and wheat flakes ready-to-eat cereal

Directions

Nutrition Information

Nutrients	Amount
Calories	190
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	235 mg
Total Carbohydrate	44 g
Dietary Fiber	7 g
Total Sugars	24 g
Added Sugars included	3 g
Protein	10 g
Vitamin D	1 mcg
Calcium	200 mg
Iron	13 mg
Potassium	448 mg
N/A - data is not available	
MyPlate Food Groups	
■ Fruits	3/4 cup
■ Grains	1/2 ounce
■ Dairy	1/2 cup

MyPlate Food Groups

1. Stir banana and vanilla into yogurt and combine well.
2. In a 10-12 ounce glass, alternately layer the yogurt-banana mixture, strawberries and cereal.
3. Serve immediately and enjoy.

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Source: The "Grain Chain"