



## August 1- Fruit Yogurt Parfait

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>

### Recipe

*Ingredients:*

½ cup yogurt, fruit flavored

½ banana

½ cup grape

¼ cup dry crunchy cereal

*Directions:*

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top.

Yield 1 serving

### Nutrition Facts

Serving Size 1 parfait (266g)

Servings Per Container 1

**Amount Per Serving**

**Calories** 280      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2g      **3%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** <5mg      **2%**

**Sodium** 105mg      **4%**

**Total Carbohydrate** 58g      **19%**

Dietary Fiber 3g      **12%**

Sugars 46g

**Protein** 7g      **14%**

Vitamin A 6%      •      Vitamin C 15%

Calcium 20%      •      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.