



August 19- Strawberry Yogurt Fruit Parfait

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=116177>

Recipe

Ingredients:

- 18-ounce light strawberry yogurt
- 1 cup strawberries
- ¼ cup blueberries
- ½ cup granola

Directions:

1. Divide yogurt into the bottom of 3 glasses.
2. Layer the fruit on top of yogurt; then add granola.
3. Repeat the first two steps for the final layers.

Yield 3 servings

Nutrition Facts

Serving Size 1 parfait (286.76g)

Servings Per Container 3

Amount Per Serving

Calories 240 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 90mg **4%**

Total Carbohydrate 41g **14%**

Dietary Fiber 4g **16%**

Sugars 25g

Protein 9g **17%**

Vitamin A 15% • Vitamin C 60%

Calcium 25% • Iron 6%

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