



## February 9- Honey Parfait

Smart Snack

Link: <http://www.rodalewellness.com/food/low-calorie-snacks/greek-yogurt-with-honey-and-whole-grain-cereal>

### Recipe

*Ingredients:*

- 6 ounces low-fat plain Greek Yogurt
- 1 teaspoon honey
- 2 Tablespoons whole-grain cereal

*Directions:*

1. Combine yogurt and honey in a bowl and mix until smooth.
2. Top with your cereal choice.

Yield 2 servings

Nutrition Facts	
Serving Size 1 parfait (182.1g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber <1g	<b>2%</b>
Sugars 12g	
<b>Protein</b> 18g	<b>35%</b>
Vitamin A 4%	Vitamin C 15%
Calcium 35%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	