



## 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**

**Calories** 160      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2.5g      **4%**

**Saturated Fat** 1.5g      **7%**

*Trans Fat* 0g

**Cholesterol** 15mg      **5%**

**Sodium** 105mg      **4%**

**Total Carbohydrate** 16g      **5%**

**Dietary Fiber** <1g      **2%**

**Sugars** 12g

**Protein** 18g      **35%**

Vitamin A 4%      •      Vitamin C 15%

Calcium 35%      •      Iron 15%

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