



November 26- Yogurt Berry Parfait

Not Smart Snack

Link:

Recipe

Ingredients:

- 2 cups yogurt (low-fat or fat-free, plain or vanilla*)
- 1 cup banana (sliced)
- ½ cup blueberries (fresh)
- ½ cup strawberries (fresh, sliced)
- 1 cup granola

Directions:

1. Line up 4 parfait or other tall glasses.
2. Spoon about ¼ cup of yogurt into each glass.
3. Top with about ¼ cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process.

Yields 4 servings

Nutrition Facts	
Serving Size 1 parfait (226.62g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	18%
Sugars 30g	
Protein 11g	22%
Vitamin A 0%	Vitamin C 30%
Calcium 25%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	