

From the Kitchen of the

Cent\$ible Nutrition Program

Fruit Parfaits



Ingredients

- 1 cup low-fat vanilla yogurt
- ½ cup sliced fresh fruit (strawberries, bananas, cantaloupe, grapes, etc.)
- ¼ cup granola

Directions

1. Wash hands in warm, soapy water.
2. Put a small amount of yogurt in the bottom of a 5-ounce glass. Add a small amount of fresh fruit. Add two more layers; first yogurt and then fruit.
3. Top parfait with small amounts of granola.

Nutrition Facts

Serving Size 1 parfait (169.87g)
Servings Per Container 2

Amount Per Serving	
Calories 170	Calories from Fat 25
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	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	3%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	7%
Sugars 23g	
Protein 7g	14%
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Vitamin A 8%	• Vitamin C 20%
Calcium 20%	• Iron 4%

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

Serves: 2



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.