



FRUIT PARFAITS

This recipe is great for breakfast or just a snack!

Ingredients

1 (8 ounce) container low-fat vanilla yogurt

1 (8 ounce) container plain low-fat yogurt

1 (10 ounce) package frozen mixed berries or fresh sliced fruit (such as strawberries, raspberries, blueberries, peaches)

2 tablespoons low-fat granola

Instructions

Fill the bottoms of two small glasses with a layer of yogurt.

Fill a layer with berries.

Repeat until both glasses are full, ending with a fruit layer.

Sprinkle with granola.

Serves 2

Nutrition Facts

Serving Size (188g)

Servings Per Container

Amount Per Serving

Calories 130 Calories from Fat 20

% Daily Value *

Total Fat 2g 3%

Saturated Fat 1g 6%

Trans Fat g

Cholesterol 5mg 2%

Sodium 80mg 3%

Total Carbohydrate 22g 7%

Dietary Fiber 2g 8%

Sugars 18g

Protein 6g

Vitamin A 2% Vitamin C 25%

Calcium 20% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories:	2000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
 Fat 9 · Carbohydrate 4 · Protein 4

Source:



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