

# Yogurt Parfait

Serves 6, 1 parfait per serving

## Ingredients

- 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 3 cups nonfat plain yogurt
- 1½ cups granola

### Optional Ingredients

2 Tablespoons sliced almonds



## Directions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

## Nutrition Facts

Serving Size 1 parfait  
Servings Per Recipe 6

Amount Per Serving

**Calories** 230    **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g    **6%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 95mg    **4%**

**Total Carbohydrate** 40g    **15%**

Dietary Fiber 4g    **14%**

Sugars 26g

**Protein** 10g

Vitamin A 4%    • Vitamin C 35%

Calcium 20%    • Iron 6%

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



## Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola.
- Try topping with rinsed, chopped fresh mint leaves for extra flavor and color.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit in fruit smoothies.
- Make your own homemade granola.