



Yogurt Parfaits

Servings 6 | Prep time 10 mins. | Total time 10 mins.

Equipment: Cutting board, Bowls for serving

Utensils: Knife, Spoon for layering

Ingredients

4 cups fresh or thawed frozen fruit (bananas, strawberries, peaches, or mango)

3 cups non-fat vanilla yogurt

1 1/2 cups granola

2 tablespoons sliced almonds (optional)

Instructions

1. Before you begin wash your hands, surfaces, utensils and fruit.
2. If using fresh fruit, peel and/or trim as needed. Cut fresh or frozen fruit into 1/2 inch thick slices.
3. Layer 1/4 cup of yogurt into each of the serving cups or bowls. Top with 1/4 cup sliced fruit and 2 tablespoons of granola.
4. Repeat layers one more time, ending with a layer of granola.
5. Top with sliced almonds, if using.

Nutritional Information:

Calories 260

Total Fat 2g

Sodium 125mg

Total Carbs 50g

Protein 8g