



## Yogurt Parfaits

### Ingredients:

- 1 cup chopped banana, or other fruit of your choice
- ½ cup sliced strawberries, or other fruit of your choice
- ½ cup granola
- 2 cups low fat plain yogurt

Put all the fruit into a bowl and mix very gently. Spoon a tablespoon of fruit into each glass. Then spoon in a tablespoon of yogurt. Then spoon in a teaspoon of granola. Repeat these layers until all the ingredients have been used. Eat immediately. Serves 4.

**Skills:** spooning, stirring

**Equipment:** 4 glasses, tablespoon, teaspoon, bowl

Adapted from sallysampson.com and used courtesy of HIPPIY, USA

Nutrition Facts	
Serving Size 1/4 of recipe 195g (195 g)	
Amount Per Serving	
Calories 222	Calories from Fat 48
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 6mg	2%
Sodium 85mg	4%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	11%
Sugars 26g	
Protein 9g	
Vitamin A 2%	Vitamin C 26%
Calcium 23%	Iron 5%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
©www.NutritionData.com	