FRUIT AND YOGURT PARFAIT

INGREDIENTS

- 1 cup nonfat vanilla yogurt
- 1/4 cup strawberries
- 1/4 cup blueberries
- 1/4 cup granola

OPTIONAL

- peanut butter

PROCEDURE

01 Wash the strawberries and blueberries and cut strawberries into slices.

02 Place vanilla yogurt in a bowl and add granola on top.

03 Layer the strawberry slices and blueberries.

04 Optional drizzle of peanut butter for extra sweetness!

Nutrition Facts

- Calories: 380
- Carbohydrates: 64 g
- Protein: 24 g
- Total Fat: 3 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Cholesterol: 5 mg
- Fiber: 6 g
- Total Sugar: 40 g
- Sodium: 190 mg
- Calcium: 249 mg
- Folate: 335 mcg
- Iron: 2 mg

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