



Fruit and Yogurt Parfait

Parfaits are easily customizable. You can easily use any type of yogurt, granola, or fruit that you prefer! Add in some homemade fruit sauce for an extra kick of flavor!

U.S.

3 cups	Yogurt, plain, low-fat
1 cup	Quick Granola (see recipe)
1 cup	Fresh Strawberries, sliced
1 cup	Fresh Blueberries

Metric

Preparation:

1. Gather all ingredients.
2. Divide the yogurt evenly between 4 bowls.
3. Top each bowl of yogurt with 1/2 cup of fresh fruit and 1/4 cup of granola.
4. Serve immediately. If not serving right away, keep the granola on the side to prevent it from getting soggy.

Nutrition Facts

4 Servings

Serving size **3/4 cup yogurt, 1/2 cup berries, 1/4 cup granola**

Amount per serving

Calories **250**

Total Fat	7 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	10 mg
Sodium	130 mg
Total Carbohydrate	36 g
Dietary Fiber	2 g
Total Sugars	24 g
Includes 3g Added Sugars	
Protein	12 g
Vitamin D	0 %
Calcium	25 %
Iron	3 %
Potassium	100 mg
Phosphorus	30 mg
