

Yogurt Berry Parfait

Adapted from: [MyPlate, USDA](https://myplate.usda.gov/)

Description: Enjoy this hearty snack or dessert, abounding with fresh fruit, granola, and low fat yogurt.

Yield: 4 servings

Preparation time: 5 minutes

Ingredients:

- 2 cups yogurt (low-fat or fat-free, plain or vanilla*)
- 1 cup banana (sliced)
- 1/2 cup blueberries (fresh)
- 1/2 cup strawberries (fresh, sliced)
- other optional fruit (raspberries, peaches, pineapple and/or mangos)
- 1 cup granola

Directions:

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process.
6. *Low-fat vanilla yogurt used for costing and nutrient analysis.
7. Note: Optional ingredients are not included in the nutrient analysis.

Nutrition Facts

4 Servings Per Recipe	Amount Per Serving
Serving Size	1 Parfait
Calories	304
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	6 mg
Sodium	89 mg
Total Carbohydrate	46 g
Dietary Fiber	5 g
Total Sugars	30 g
Includes Added Sugars	11 g
Protein	11 g

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