

Banana Pudding Yogurt Parfait

Serves: 1 Print

Ingredients:

- 1 container (5.3 oz) nonfat vanilla greek yogurt (about ½ cup)
- 2 tbsp reduced fat Cool Whip
- ½ tbsp vanilla instant pudding mix
- ½ banana, sliced
- ¼ cup graham cracker granola

Directions:

1. To a mixing bowl, add yogurt, cool whip, and pudding mix. Stir well until completely combined and mixture becomes light and fluffy.
2. In an 8-12 oz glass, layer in half the yogurt mixture, half the banana slices, and half the granola. Repeat a second later with remaining ingredients. Serve immediately, and enjoy!

Recipe notes:

- *If you'd prefer to use a store bought granola, use a vanilla or cookie flavored granola. The homemade granola is so easy though!
- *This parfait is best served fresh. If meal prepping, the yogurt and granola can be made in advance, but wait to assemble until ready to serve.