



Strawberry Yogurt Parfait

Mix it up with your favorite fruit, fresh or dried.
Great breakfast, snack or dessert.

<u>U.S.</u>		<u>Metric</u>
1 cup	Yogurt, Plain, low-fat	227 g
1 cup	Strawberry Fruit Sauce (see separate recipe)	166 g
1/2 cup	Granola, store-bought or homemade OR Whole Grain Cereal, low-sugar	45 g

Preparation:

1. Gather all ingredients and equipment.
2. Place 1/4 cup of yogurt in the bottom of two glasses or bowls.
3. Top each with 1/4 cup of strawberry sauce and 2 Tbsp of granola.
4. Repeat the layers, top with one whole strawberry, and enjoy!

Nutrition Facts

Serving size	1/2 cup yogurt 1/2 cup fruit sauce 1/4 cup granola
Servings	2
Calories	230
Calories from Fat	40
Total Fat	4.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	5 mg
Sodium	95 mg
Carbohydrates	38 g
Dietary Fiber	2 g
Sugars	21 g
Protein	11 g
Vitamin A	0 %
Calcium	25 %
Vitamin C	80 %
Iron	2 %
Phosphorus	230 mg
