

Fruit and Yogurt Parfait

Ingredients:

- 6 ¾ ounce 2% Greek yogurt with honey
- ¼ cup strawberries, sliced
- ¼ cup blueberries
- ¼ low fat granola cereal



Nutrition Facts	
Serving Size 11 oz (331g)	
Servings Per Container 1	
Amount Per Serving	
Calories 380	Calories from Fat 60
<small>% Daily Value*</small>	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 135mg	6%
Total Carbohydrate 69g	23%
Dietary Fiber 4g	16%
Sugars 46g	
Protein 13g	
Vitamin A 20% • Vitamin C 45%	
Calcium 40% • Iron 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



Directions:

1. Layer alternatively yogurt and fruit.
2. Top with granola.

*Frozen fruit can also be used.