

# Strawberry Yogurt Parfait

## Ingredients:

- 2 pints fresh strawberries, sliced
- 1/3 cup 100% strawberry fruit spread
- 1 cup low fat granola with raisins
- 12 ounces low fat vanilla yogurt



## Nutrition Facts

Serving Size 1 1/2 cup (340g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 70g	<b>23%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 45g	
<b>Protein</b> 8g	
Vitamin A 15%	• Vitamin C 170%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## Directions:

1. Mix together fruit spread and strawberries.
2. Scoop 1/4 of the yogurt into a cup, add fruit spread and strawberries.
3. Add another 1/4 of the yogurt, add more strawberries.
4. Add remaining yogurt and top with granola.