Living Whole
Employee Wellness Program

Fruit and Yogurt Parfait

Ingredients:

6 ¾ounce Plain, nonfat Greek yogurt

¼ cup strawberries, sliced

¼ cup blueberries

3 tbps low fat granola cereal

2 tbsps hulled hemp hearts



*SOY FREE

*CONTAINS NUTS

Nutrition Facts

1 servings per container

Serving size **11 oz (312g)**

Amount per serving

Calories **310**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 75mg	**3%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 4g	**14%**
Total Sugars 16g	
Includes 2g Added Sugars	**4%**
Protein 27g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 3.4mg	20%
Potassium 570mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

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

*Frozen fruit can also be used.

For more information contact The Living Whole
Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.