

Yogurt Parfait

1 serving

Dairy foods like milk, cheese, and yogurt are rich in calcium, protein and vitamins to help build strong bones and teeth. Calcium keeps your nerves, heart and muscles healthy and may help regulate blood pressure.

- 1 (6 ounce) container low-fat yogurt, fruit flavored or vanilla, divided
- ¼ cup mixed berries, fresh or frozen, thawed
- 2 Tablespoons granola or plain, unsalted peanuts

1. Wash hands with soap and water.
2. Place half of the yogurt on the bottom of a glass or paper cup.
3. Place the mixed fruit on top of yogurt.
4. Add the rest of the yogurt.
5. Top with granola cereal.



Nutrition Information per Serving*: (recipe makes 1 serving): Calories 190 , Total Fat 3.5g, Saturated Fat 1g, Cholesterol 10mg, Sodium 115mg, Total Carbohydrates 32g, Fiber 1g, Total Sugars 22g, includes 11g Added Sugars, Protein 8g, Vitamin D 10%, Calcium 20%, Iron 6%, Potassium 8%.

***Note:** Nutrition information will change if substitutions are used