

## Breakfast, Dessert, Fruits, Kid-Friendly

### Fruit & Yogurt Parfait

Whether it's for a healthy dessert or a filling breakfast, kids and adults alike will love layering their favorite yogurt, fruit, and granola to make a beautiful parfait.

Makes 1 serving

Price Per Serving: \$1.40

Prep Time: 2 minutes

- 1 cup plain or vanilla low-fat or Greek yogurt
- 2 tbsp coconut almond granola
- 1 cup sliced fruit of your choice (peaches, strawberries, pineapples, etc.)

Place ½ cup yogurt in bottom of a glass cup. Top with ½ cup of sliced fruit and 1 tbsp of granola. Repeat yogurt, fruit, and granola layers.

Enjoy!



## Nutrition Facts

Serving Size 428 g

### Amount Per Serving

Calories 291      Calories from Fat 79

% Daily Value\*

Total Fat 9g      14%

Saturated Fat 4g      18%

Trans Fat 0g

Cholesterol 15mg      5%

Sodium 218mg      9%

Total Carbohydrate 39g      13%

Dietary Fiber 5g      19%

Sugars 28g

Protein 16g

Vitamin A 3% • Vitamin C 166%

Calcium 49% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com