



Crunchy and Fruity Yogurt Parfait

Servings: 2

6-ounce container vanilla or
flavored low-fat yogurt
¼ cup dry cereal or granola
1 small banana, sliced
2 tablespoons raisins or dried fruit

1. Wash hands and surfaces.
2. Spoon some yogurt into a small glass or bowl.*
3. Cover with a layer of dry cereal or granola. Add another layer of yogurt, then add a layer of banana slices. Add another layer of yogurt. Sprinkle with raisins.
4. Refrigerate leftovers immediately.

* If you have a clear glass, you can see the layers.



Nutrition Facts

2 servings per container

Serving size 1 glass (158g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 75mg 3%

Total Carbohydrate 36g 13%

Dietary Fiber 2g 7%

Total Sugars 25g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 168mg 15%

Iron 2mg 10%

Potassium 497mg 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.

Helpful Tips

- Use your favorite fresh, local fruit. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Let your children help prepare this recipe. They can layer the ingredients or sprinkle the raisins.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance