



Crunchy and Fruity Yogurt Parfait

Servings: 2

Ingredients:

- 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



Directions:

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.

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Nutrition Facts

Amount Per Serving

Calories 170

Calories from Fat 10

% Daily Value*

Total Fat 1g

2%

Saturated Fat 0.5g

3%

Trans Fat 0g

Cholesterol 5mg

2%

Sodium 75mg

3%

Total Carbohydrate 38g

13%

Dietary Fiber 2g

8%

Sugars 27g

Protein 4g

Vitamin A 10%

Vitamin C 8%

Calcium 10%

Iron 8%

Tips:

- Use your favorite fresh, local fruit. Go online to find a farmers market at: agebb.missouri.edu/fmkt/dir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm

☺ 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 food stamp office or go online to dss.mo.gov/fsd/fstamp/