

Crunchy Berry Parfait

So quick, so easy, and so delicious! This parfait is a favorite among kids and adults alike.

Makes: 1 serving

Prep Time: 7 minutes

Source: Crunchy Berry Parfait | MyPlate

Ingredients

- 1/2 cup yogurt, non-fat vanilla
- 1/4 cup blueberries or strawberries, fresh or frozen (thawed)
- other berries/fruits of your choosing (optional)
- bananas (optional)
- 1/2 cup low-fat granola or crunchy cereal

Directions

1. Spoon yogurt into glass then top with fruit and granola.
2. Refrigerate leftovers within 2 hours.

Utensils Needed

- Glass or bowl
- Spoon
- Measuring cups



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Parfait

Nutrients	Amount
Calories:	396
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	2 mg
Sodium:	197 mg
Total Carbohydrates:	86 g
Dietary Fiber:	7 g
Total Sugars:	50 g
Added Sugars:	26 g
Protein	11 g
Vitamin D	2 mcg
Calcium	217 mg
Iron	3 g
Potassium	486 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$8.99

Average cost/serving: \$1.49

Recipe Makes: 1 Serving

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. There will be remaining yogurt and fruit to make an additional 5 parfaits.

Ingredients



Add 1 to Cart
Low-fat vanilla yogurt



Add 1 to Cart
Strawberries (Fresh or Frozen)



Add 4 to Cart
Low-fat granola



Add 1 to Cart
Blueberries (Fresh or Frozen)

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Drizzle with honey and top with chopped nuts. (Honey is not recommended for children under 1 year old.)
- Try other fruits, such as raspberries, apples, bananas, etc. (Use 1/4 cup fruit for the recipe.)
- Use different flavors of yogurt, such as lemon or strawberry, or plain for less sugar.