

Yogurt Parfait

Try this easy parfait for an easy breakfast or snack! It can be prepared ahead of time and kept refrigerated in an airtight jar or container for a quick grab-and-go treat.

Makes: 6 servings
Prep Time: 10 minutes

Source: FoodHero.org

Ingredients

- 4 bananas, chopped or sliced
- 3 cups (24 ounces) low-fat vanilla yogurt
- 2 cups low-fat granola

Directions

1. Wash hands with soap and water.
2. Divide half the chopped banana between six cups or bowls.
3. Place 1/4 cup yogurt on top of banana in each cup.
4. Sprinkle 1/4 cup granola on top of yogurt in each cup.
5. Repeat layers of banana, yogurt and granola. Eat right away or cover and refrigerate until eating.
6. Refrigerate leftovers within 2 hours.

Utensils Needed

- 6 small bowls or airtight containers
- Sharp knife
- Cutting board
- Measuring Cups
- Spoon



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	300
Total Fat:	3.5 g
Saturated Fat:	1.5 g
Cholesterol:	5 mg
Sodium:	75 mg
Total Carbohydrates:	60 g
Dietary Fiber:	2 g
Total Sugars:	33 g
Added Sugars:	7 g
Protein	10 g

SHOPPING LIST

Average total cost without oil and seasonings: \$12.46

Average cost/serving: \$2.07

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Low-Fat Vanilla Yogurt



Add 4 to Cart
Bananas



Add 1 to Cart
Granola

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Drizzle with honey and top with chopped nuts. (Honey is not recommended for children under 1 year old.)
- Try other fruit, such as strawberries, apples or oranges (Use 2 cups fruit for the recipe.)
- Use different flavors of yogurt, such as lemon or strawberry, or plain yogurt for less sugar.