

Parfait with Bananas

Greek yogurt is higher in protein and has less sugar than regular yogurt and it also has a stronger taste which goes nicely with fruit.

Makes: 4 servings
Prep Time: 20 minutes

Source: [commonthreads.org, recipe/ fresh-fruit-parfait](http://commonthreads.org/recipe/fresh-fruit-parfait)



Small Changes,
BIG Difference!

Ingredients

- 2 cups nonfat plain greek yogurt
- 2 tablespoons honey
- 1 cup banana (about 2 medium bananas)
- 1 cup strawberries, fresh
- 1 cup pineapple, canned or fresh
- 1 cup blueberries, fresh

Directions

1. In a small bowl, combine yogurt and honey. Set aside a little for topping.
2. Spoon half of the remaining yogurt mixture into four parfait cups.
3. Slice the bananas and strawberries. And dice the pineapple
4. Layer with half of the sliced banana, sliced strawberries, diced pineapple OR blueberries.
5. Repeat layers.
6. Top each parfait with reserved yogurt mixture and a drop of honey.



Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	80
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	5 mg
Sodium:	25 mg
Total Carbohydrates:	13 g
Dietary Fiber:	1 g
Total Sugars:	11 g
Added Sugars:	6 g
Protein	8 g

Utensils Needed

- Small Bowl
- Mixing Spoon
- Cutting Board
- Knife
- Measuring Cups
- Measuring Spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$15.57

Average cost/serving: \$3.89

Recipe makes: 4 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
Non-Fat Plain Greek
Yogurt (32 oz.)



Add 2 to Cart
Fresh Bananas



Add 1 to Cart
Fresh Blueberries (1 pint)



Add 1 to Cart
Honey (12 oz.)



Add 1 to Cart
Fresh Strawberries
(1 pound)



Add 1 to Cart
Canned Pineapple (20 oz.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Keep in the refrigerator until serving.

Cooking Tips

- The leftover fruit can be used to make a wonderful fresh fruit salad.
- Or could even be added to a vegetable salad for a sweet twist. Check out snapedny.org for more recipe inspiration!

*** When purchasing these fruits in season they will cost less.