



Yogurt Parfaits



Start to finish time: 8 minutes

Number of servings: 6

Nutrition Facts

Serving size 1 parfait

Amount per serving
Calories **217**

% Daily Value*

Total Fat	3.8g	5 %
Saturated Fat	0.6g	3 %
Trans Fat	0g	
Cholesterol	6mg	2 %
Sodium	76mg	3 %
Total Carbohydrate	33g	12 %
Dietary Fiber	3.7g	13 %
Total Sugars	16g	
Includes 7g Added Sugar		14 %
Protein	15g	
Vitamin D	0mcg	0 %
Calcium	156mg	12 %
Iron	1.2mg	7 %
Potassium	384mg	8 %

* The % Daily Value (DV) 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.

INGREDIENTS:

- 3 cups fresh or thawed frozen fruit
- 3 cups nonfat plain yogurt
- 1 ½ cups granola
- Optional: 2 tablespoons sliced almonds

DIRECTIONS:

1. Gather ingredients
2. Prepare and cut fruit into desired size. If using thawed frozen fruit, drain excess juices.
3. Layer ¼ cup yogurt into each of the 6 cups or small bowls. Top with ¼ cup fruit and 2 tablespoons granola.
4. Repeat layers one more time, ending with a layer of granola.
5. If using, top with sliced almonds

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather ingredients.



Step 2

Prepare and cut fruit into desired size. If using thawed frozen fruit, drain excess juices.



Step 3

Layer $\frac{1}{4}$ cup yogurt into each of the 6 cups or small bowls. Top with $\frac{1}{4}$ cup fruit and 2 tablespoons granola.



Step 4

Repeat layers one more time, ending with a layer of granola.

SUBSTITUTIONS:

- Nonfat Greek yogurt or low sugar vanilla yogurt can be used instead of plain.

MSU EXTENSION NOTES:

- Great fruit options include bananas, any type of berry, peaches, or mango.

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