

Healthy Children, Healthy Family

Fruity Parfait



Makes: 4 servings of ½ cup each

Preparation time: 10 minutes

Ingredients:

1 cup of fresh fruit, such as melon, strawberries, banana, or grapes

½ cup granola (or whole wheat cereal low in sugar)

1 cup of low-fat yogurt (plain or vanilla)

Instructions:

- 1) Peel banana. Wash other fruit. Cut fruit into small pieces.
- 2) Arrange 4 small bowls or cups.
- 3) Add 2 Tbsp of fruit to each bowl.
- 4) Add 2 Tbsp of yogurt on top of fruit.
- 5) Add 1 Tbsp of granola on top of fruit and yogurt.
- 6) Repeat steps 3-5.



Nutrition Facts

Serving Size 1 parfait
Servings Per Container 10

Amount Per Serving

Calories 90 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 4g

Vitamin A 8% • Vitamin C 30%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to
