



Fruit & Yogurt Parfait

Preparation time: 5 minutes

Number of servings: 1

Ingredients

- $\frac{3}{4}$ cup of non-fat or low-fat yogurt
- 1 cup of fruit
- 2 tablespoons of granola



Supplies

- 1 small Bowl
- 1 spoon
- Measuring cups



Instructions

1. Gather your ingredients.
2. Gather your supplies.
3. Wash your hands with soap and warm water for 20 seconds.
4. Dry hands with a paper towel or clean towel.
5. Open your container of yogurt.
6. Place half of your yogurt in the bowl.
7. Place half of the berries on top.
8. Cover with the remaining yogurt
9. Sprinkle the remaining berries on top.
10. Cover with granola.
11. Enjoy!



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Nutrition Facts

Serving Size **1 Serving**

Amount Per Serving

Calories 239.4

		% Daily Value*
Total Fat	2.7 g	4 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	2.8 mg	1 %
Sodium	82.7 mg	4 %
Total Carbohydrate	47.8 g	17 %
Dietary Fiber	4.8 g	17 %
Total Sugars	28.5 g	
Added Sugars	6.4 g	13 %
Protein	8.1 g	
Vitamin D	2 mcg	10 %
Calcium	165.4 mg	13 %
Iron	1 mg	6 %
Potassium	379.7 mg	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.

Full Info at cronometer.com

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