



Easy to Please Breakfast Yogurt Parfait

Servings: 1

Prep Time: 5 minutes

Ingredients:

1 cup low-fat vanilla yogurt

1/2 cup crunchy low-fat cereal or granola, divided

1/2 cup fresh fruit, sliced (i.e. strawberries, blueberries, bananas)

Preparation:

To assemble parfait, begin with spooning half of the yogurt in the bottom of a bowl or tall glass. Add 4 tablespoons cereal and 1/2 cup fruit. Spoon on the rest of the yogurt. Top with remaining 4 tablespoons of cereal.

Substitution Idea:

Use any favorite flavor of yogurt as a base. You can also substitute canned fruit (drained) for fresh fruit.

Tip: Use a low-fat cereal to provide additional nutritional saving.

Nutritional Facts:

*Nutritional Facts Per Serving
(analysis accounts for strawberries):*

| | |
|----------------|-----------------|
| Calories: | 408 |
| Total Fat: | 5g |
| Saturated Fat: | 2g |
| Cholesterol: | 12mg |
| Sodium: | 276mg |
| Carbohydrates: | 75g |
| Dietary Fiber: | 5g |
| Protein: | 16.5g |
| Calcium | 45% Daily Value |

Cost/recipe:

\$1.27

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\$1.27

**BANK
ON THE
BASICS**

www.dairymakesense.com

