

YOGURT PARFAIT



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by the USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

YOGURT PARFAIT

PREP TIME: 10 minutes
COOK TIME: None
SERVING SIZE: 1 parfait
SERVES: 6

INGREDIENTS

4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango

3 cups nonfat plain yogurt

1 1/2 cups granola

Optional Ingredients

2 tablespoons sliced almonds

MATERIALS

- 6 cups or bowls
- Cutting board
- Measuring cups
- Measuring spoons
- Sharp knife

STEPS

1. If using fresh fruit, rinse and peel. If using thawed frozen fruit, drain juices. Cut fruit into 1/4 inch thick slices.
2. Layer 1/4 cup yogurt into each of 6 cups or bowls. Top with 1/4 cup sliced fruit and 2 tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

IDEAS

- Layer parfait just before serving to keep granola crunchy.
- Instead of granola, use any high-fiber cereal.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit in a smoothie.

Nutrition Facts

Serving Size 1 parfait (239g) Serves 6

Amount per serving

Calories 260 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 90mg 4%

Total Carbohydrate 47g 16%

Dietary Fiber 4g 16%

Sugars 34g

Protein 9g

Vitamin A 6% • Vitamin C 100%

Calcium 25% • Iron 6%

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

*Adapted from Share Our Strength's Cooking Matters.®

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