

YOGURT PARFAIT

Servings: 1

INGREDIENT



1-2 strawberries



5-6 blueberries



1/4 cup granola



1/4 banana



1 small container vanilla yogurt

EQUIPMENT



colander



strawberry slicer



table knife



soup spoon



(parfait) cup



cutting board



small paring knife



1. Wash blueberries & strawberries in colander



2. Cut tops off strawberries



3. Slice strawberries using strawberry slicer



4. Cut banana into slices



5. Fill cup with a small amount of yogurt.



6. Continue to layer with fruit, yogurt & granola.



ENJOY!

Nutrition Facts

1 servings per container

Serving size 1/2 cup (206g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 80mg 3%

Total Carbohydrate 45g 16%

Dietary Fiber 1g 4%

Total Sugars 28g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 225mg 15%

Iron 1mg 6%

Potassium 491mg 10%

*The % Daily Value 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.