

Crunchy Berry Parfait

Yield 1 Parfait
Prep time 5 minutes
Total time 5 minutes

Ingredients

1/2 cup	yogurt, non-fat vanilla
1 cup	blueberries or strawberries (fresh or frozen thawed)
1/2 cup	low-fat granola (or crunchy cereal)

Instructions

Spoon yogurt into glass, then top with fruit and granola.

Cost

Per recipe: \$1.66
Per serving: \$1.66

Source

Saint Joseph College SNAP-Ed Nutrition Education Team (NET)

Notes

Can use fortified soy yogurt

1/4 cup blueberries and 1/4 cup strawberries used for nutrition analysis.

Frozen berries used for costing.

Nutrition Facts

Serving Size 1 parfait (244g)
Servings Per Container 1

Amount Per Serving

Calories 340 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Total Carbohydrate 68g **23%**

Dietary Fiber 8g **32%**

Sugars 34g

Protein 13g

Vitamin A 15% • Vitamin C 50%

Calcium 25% • Iron 2%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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