



## YOGURT PARFAITS- 4 Servings

STEP	INGREDIENTS/EQUIPMENT	PROCEDURE
<p><b>1</b></p>	 <p><b>4 cups vanilla yogurt</b></p> <p><b>1 cup granola</b></p> <p><b>Strawberries, blueberries, bananas or any fruit you might like!</b></p>	<p>Place ½ cup of yogurt into cup. Add ¼ cup of granola, then fruit. Do one more layer.</p> 

### Nutrition Facts

4 servings per container  
 Serving size **1/4 of recipe**

Amount per serving  
**Calories 380**

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 70g	<b>25%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 50g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 440mg	35%
Iron 1mg	6%
Potassium 873mg	20%

\*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.