

Banana Berry Yogurt Parfait

35 g carbohydrates | 25 g sugar | 1 g total fat | 5 g protein | 2 g fiber

Serving size: 1/8th of recipe | Approximately 157 calories



Fruit or juice?

Would you rather have a glass of juice or a piece of fruit and a glass of water? The healthier choice is to drink the water and eat the fruit! Fruit juice is not bad for you, but when the juice is made, some of the nutrients are squeezed out.

Did you know?

“Parfait” is a French word for “something perfect!”

Food Preparation Materials

Slicing knife
Cutting board or mat
Measuring cups and spoons
Small bowl
Whisk

Ingredients- Makes 8 servings

24 oz. yogurt
1 1/2 cup whole strawberries (fresh or frozen)
1 1/2 banana
1/2 cup low fat granola
2 Tbsp. confectioner’s sugar
2 Tbsp. cocoa
3-4 tsp. hot water

What To Do

1. Slice and quarter strawberries and bananas.
2. In a small dish, spoon 2-3 Tbsp. yogurt.
3. Next, layer 2-3 Tbsp. of strawberries over the yogurt.
4. Layer 2-3 Tbsp. of bananas over strawberries.
5. Sprinkle 1 Tbsp. of granola over the top.
6. In a small bowl, whisk together hot water, cocoa, and confectioner’s sugar until smooth. Spoon 1-2 tsp. over the parfait.