Fruit-a-licious Yogurt & Granola Parfait

Adapted from (Cooking Matters)



Ingredients

- 2 cups fresh or thawed frozen fruit
- 1 1/2 cups non-fat plain yogurt
- 3/4 cup granola (homemade or store bought)
- 1 Tbsp sliced almonds or pecans (optional)

Yield: 3 parfaits Serving Size: 1 parfait

Directions

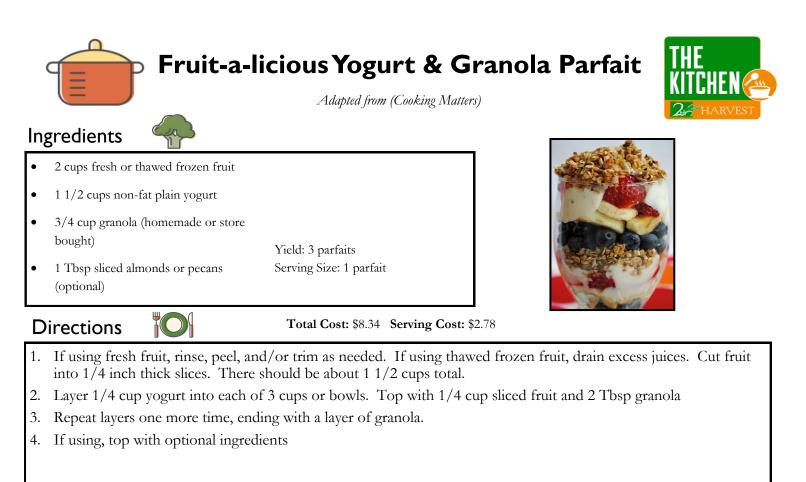
Total Cost: \$8.34 Serving Cost: \$2.78



1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain excess juices. Cut fruit into 1/4 inch thick slices. There should be about 1 1/2 cups total.

- 2. Layer 1/4 cup yogurt into each of 3 cups or bowls. Top with 1/4 cup sliced fruit and 2 Tbsp granola
- 3. Repeat layers one more time, ending with a layer of granola.
- 4. If using, top with optional ingredients

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Fast Facts





Featured Food Groups

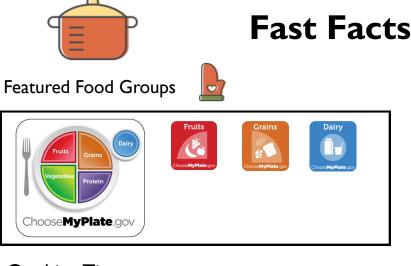


Cooking Tips 🚬

- Layer parfait just before serving to keep granola crunchy
- Use any high-fiber cereal you like instead of granola
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit
- Using canned fruits works too!
- Use leftover fruit to sweeten low-sugar cereal the next morning

Second Harvest is an equal opportunity provider.

Nutrition Fa	acts
Serving size	1 parfait
Amount Per Serving Calories	240
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0.8mcg	4%
Calcium 212mg	15%
Iron 1.278mg	8%
Potassium 559mg	10%
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	



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