

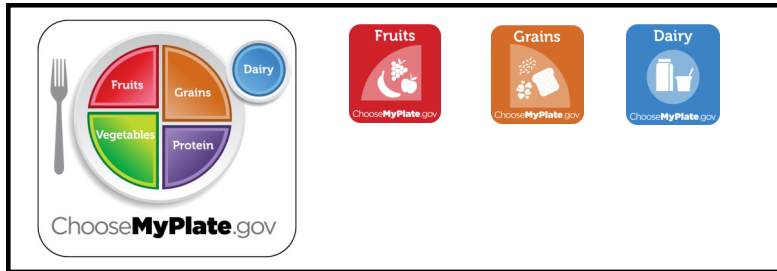




# Fast Facts



## 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

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	<b>1 parfait</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.7g	<b>4%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 19g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0.8mcg	<b>4%</b>
Calcium 212mg	<b>15%</b>
Iron 1.278mg	<b>8%</b>
Potassium 559mg	<b>10%</b>
<small>*The % Daily Value (DV) 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.</small>	

Second Harvest is an equal opportunity provider.



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