

Fruit Yogurt Parfait (FDD)

Makes: 2 Servings

Use whole grain cereals to help you make half your grains whole. This recipe calls for sprinkling whole grain wheat square cereal on top of yogurt parfait.

Ingredients

1/4 cup wheat squares cereal

1/2 cup grapes

1/2 cup banana

1/2 cup yogurt (any flavor)

Directions

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top

Source: Recipe adapted from SNAP-ED recipe finder

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	75 mg
Total Carbohydrate	68 g
Dietary Fiber	7 g
Total Sugars	42 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available