

Fruit Yogurt Parfait

Ingredients

- 1/2 cup yogurt, fruit-flavored
- 1/2 banana (medium)
- 1/2 cup grape
- 1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good)

Instructions

1. Peel and slice the banana .
2. Spoon the grapes into a tall plastic cup .
3. Put 3 spoonful's 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 .



Yields 1 serving / Rinde 1 porcion
Serving size / Tamano porcion
1 parfait

Cost / Precio
Per recipe: \$0.81
Per serving: \$0.81



Parfait de Yogurt con Frutas

Ingredientes

- 1/2 taza yogurt con sabor a frutas
- 1/2 una banana mediana
- 1/2 taza uvas
- 1/4 taza cereal crujiente (los cereales con granola son una buena opción)

Instrucciones

1. Pele y rebane la banana.
2. Con una cuchara coloque las uvas en un vaso alto de plástico.
3. Coloque 3 cucharadas de yogurt sobre las uvas.
4. Coloque las rebanadas de banana encima del yogurt.
5. Agregue el resto del yogurt.
6. Espolvoree el cereal sobre la capa de yogurt.

Nutrition Facts	
Serving Size 1 parfait (276g)	
Servings Per Container 1	
Amount Per Serving	
Calories 330	Calories from Fat 50
<hr/>	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 68g	23%
Dietary Fiber 7g	28%
Sugars 42g	
Protein 11g	
<hr/>	
Vitamin A 2%	Vitamin C 15%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	