



# Breakfast Parfait

**Servings:** 1

**Serving Size:** ½ cup

**Ingredients:**

6-8 ounces container of low fat yogurt (any flavor)

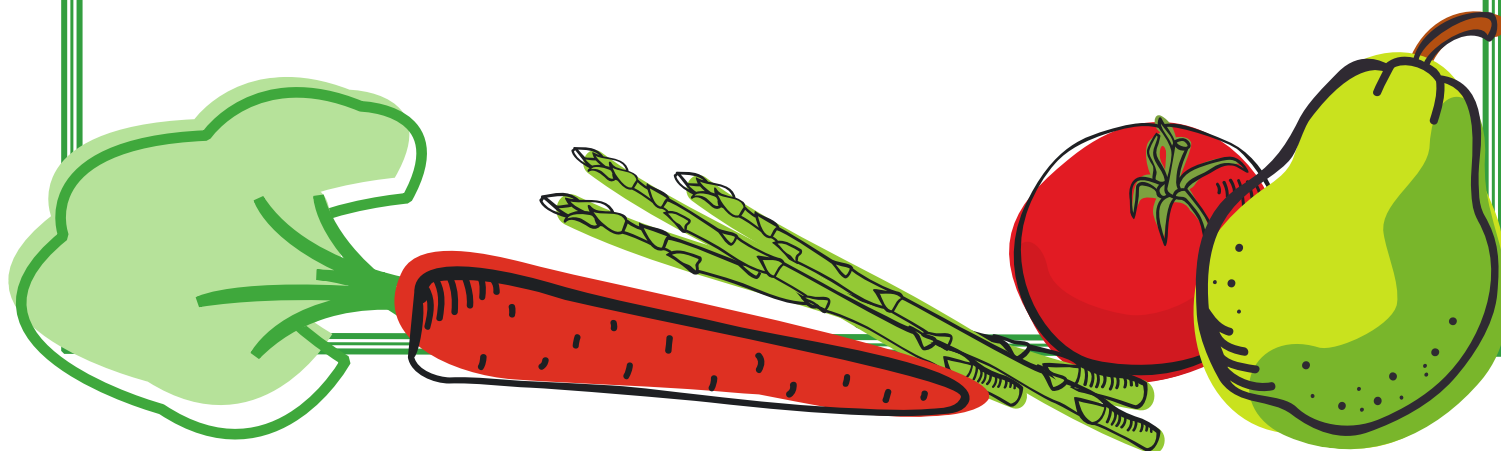
¼ cup granola or other crunchy cereal

1/2 cup any fresh or canned fruit

**Directions:**

1. Spoon half of the yogurt container into a bowl.
2. Sprinkle ¼ cup of granola on top of the yogurt.
3. Add fruit.
4. Spoon the rest of the yogurt onto the cereal.
5. Enjoy!

Nutrition Facts	
Serving Size 1 parfait (253g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 34g	
<b>Protein 14g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 40%	• Iron 6%
*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	



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