EAT SMART

Red Berry Parfaits

Servings: 4
Serving Size: 1 parfait

Ingredients:
½ cup part-skim ricotta cheese
1 small container low-fat vanilla yogurt
16 oz. fresh raspberries or strawberries, washed
Toasted wheat germ or chopped nuts for topping, optional

Directions:
1. Place ricotta cheese and yogurt in a blender and whirl until smooth
2. In 4 cups or bowls. Place 2 Tablespoons berries; add 1/4 of the ricotta mixture, then add another 2 Tablespoons of berries.
3. Top with chopped nuts, if desired.

Nutrition Facts

Serving Size 1 parfait
Servings Per Container 4

Amount Per Serving

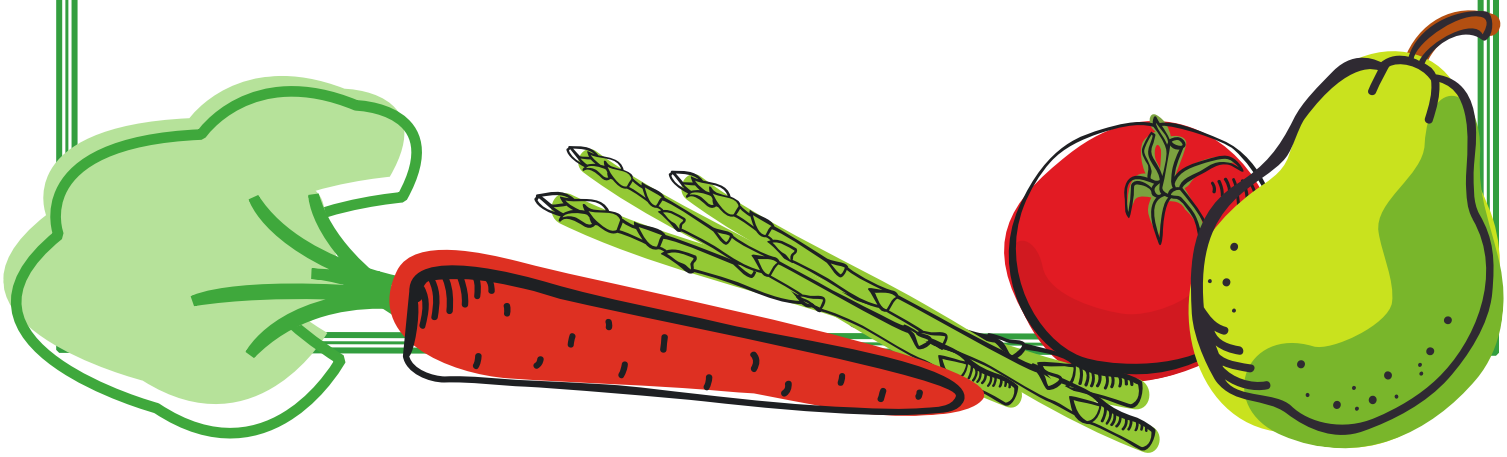
Calories 100	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 40mg	**2%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 5g	

Vitamin A 2% • Vitamin C 25%
Calcium 10% • Iron 4%

*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



For more recipes: www.eatsmart.umd.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at https://mydhrbenefits.dhr.state.md.us/.

FSNE

UNIVERSITY OF MARYLAND EXTENSION
Solutions in your community