

Strawberry-Banana Parfaits

Snack of the Month November - 2015



You're 5 ingredients and 10 minutes away from dipping into a deliciously layered dessert or snack of yogurt, fruit and high-fiber cereal.

Prep Time: 10 Min

Start to Finish: 10 Min

Makes: 4 servings

INGREDIENTS

2 containers (6 oz. each) 99% Fat Free strawberry yogurt
2 cups Honey Clusters cereal
1 cup sliced fresh strawberries

1 medium banana, thinly sliced
4 fresh strawberries

DIRECTIONS

1. In each of 4 (10-oz) plastic cups or parfait glasses, layer 2 tablespoons yogurt, 1/4 cup cereal, 1/4 cup strawberry slices and 1/4 of the banana slices.
2. Top each with 2 tablespoons yogurt, 1/4 cup cereal and remaining yogurt. Garnish top of each parfait with whole strawberry.



Recipe Provides: Fruits 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 serving	Total Fat:	2 g	Saturated Fat:	½ g
Calories:	230	Calories from Fat:	15	Carbohydrates:	48 g
Cholesterol:	5 mg	Dietary Fiber:	8 g	Sodium:	180 mg
Sugars:	23 g	Protein:	5 g		



Recipe adapted from www.eatbetterearly.com