



Fruit Yogurt Parfait

Handout 2

Serving Size: 1 parfait

Yield: 1 serving

Ingredients:

1/2 cup yogurt, fruit-flavored
1/2 medium banana
1/2 cup grapes
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 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.

Cost:

Per Recipe: \$0.73

Per Serving: \$0.73

Nutrition Facts	
Serving Size 1 parfait (281g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 69g	23%
Dietary Fiber 7g	28%
Sugars 43g	
Protein 11g	
Vitamin A 2%	Vitamin C 25%
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 20 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

Prepared by Rosemary Robibaugh, Ph.D., R.D., L.D., Professor - Nutrition Specialist, University of Arkansas Division of Agriculture, Cooperative Extension Service. rrodibaugh@uaex.edu.