

## Fruit and Yogurt Parfait

**Makes 8 servings**

### Ingredients

6 - 8 cups chopped **fruit** (*try grapes, apples, bananas and canned pineapple chunks OR whatever is in season or on hand*)

4 cups low-fat strawberry (or other fruit flavored) **yogurt**  
1 cup crushed **graham crackers**



### Directions

1. Place a 1/4 cup layer of yogurt in the bottom of each cup.
2. Add a 1/2 inch layer of cracker crumbs to each cup.
3. Add a 1 inch layer of fruit to each cup.
4. Repeat each layer until you reach the tops of the cups –end with cracker crumbs on top.
5. Grab a spoon and enjoy.



## Additional Notes:



## Nutrition Facts

servings per container

**Serving size** (257g)

Amount per serving

**Calories** **210**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 55mg **2%**

**Total Carbohydrate** 48g **17%**

Dietary Fiber 3g **11%**

Total Sugars 37g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 1mcg **6%**

Calcium 111mg **8%**

Iron 0mg **0%**

Potassium 456mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*This card was funded by the USDA SNAP program, which is called 3SquaresVT in Vermont. USDA is an equal opportunity provider and employer. To learn how 3SquaresVT can help low income people buy more healthy food, go to [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call Vermont 2-1-1.*