



Yogurt Parfait

Number of servings: 1

Serving size: 1 parfait

Equipment:

None

Ingredients:

- 1 cup low-fat plain yogurt
- ½ teaspoon honey
- ½ cup whole grain oatmeal, cooked
- ½ cup blueberries (any other berry or fresh fruit may be substituted)
- Your choice of raisins, Kashi cereal, pepitas (optional)

Directions:

Mix honey and yogurt until blended. Layer yogurt, berries, and oatmeal in a glass cup or bowl. Sprinkle raisins, cereal, and pepitas on top*.

Cost per recipe: \$2.93

Cost per serving: \$2.93

MyPlate servings: 1 serving of grain, 1/2 serving of fruit, 1 serving of dairy

Nutrition Facts

Serving Size 1 parfait
Serving Per Container 1

Amount Per Serving		% Daily Values*
Calories 283		
Total Fat 6g		9%
Saturated Fat 3g		15%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 2g		
Cholesterol 15mg		5%
Potassium 707mg		20%
Sodium 177mg		7%
Total Carbohydrate 44g		15%
Dietary Fiber 4g		16%
Sugars 28g		
Protein 16g		32%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

Nutrition facts do not include raisins, cereal or pepitas

Pump it Up: Do you have stairs in your home? Try walking up and down them continuously for five minutes!

Food for Thought: Did you know that yogurt is made using bacteria? This is good bacteria that help you digest food. Yogurt is also a source of calcium which helps to keep your bones strong!