

Yogurt Fruit Parfait

Makes 1 serving | Serving size: 1 cup

Ingredients Needed:

- 1 cup low-fat or nonfat vanilla yogurt or yogurt alternative
- 1/4 cup fresh or frozen fruit
- 1/4 cup breakfast cereal or [Three](#)

[Ingredient Granola](#)



Directions:

1. Choose a tall clear glass.
2. Put a large spoonful of yogurt in the bottom of the glass.
3. Next put half of the frozen fruit pieces on the yogurt.
4. Put another spoonful of yogurt on top of the fruit.
5. Next put half of the cereal on top of the yogurt.
6. Follow with another spoonful of yogurt and the other half of the frozen fruit.
7. Finish with a small scoop of yogurt and top with the rest of the cereal. Enjoy!

Variation:

- Winter months are the time to enjoy fresh citrus fruits such as oranges, grapefruit and clementines. Frozen berries and peaches make great replacements for fresh fruit.
- Create festive parfaits like this one for 4th of July!

Nutrition Facts	
1 servings per container	
Serving size	1 cup (321g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 55g	20%
Dietary Fiber 2g	7%
Total Sugars 21g	
Includes 14g Added Sugars	28%
Protein 8g	
Vitamin D 2mcg	10%
Calcium 336mg	25%
Iron 3mg	15%
Potassium 451mg	10%
<small>*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.</small>	

The University of Maine is an EEO/AA employer and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).