



### Deanne Garrett

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## Yogurt Parfait

**Prep Time:** 5 minutes

**Cost per serving:** \$0.57

### What you need:

#### Utensils:

- Cup
- Measuring cups and spoons
- Spoon

#### Ingredients:

- 1 fruit cocktail (own juice or light syrup)
- 8 oz. Plain or flavored low-fat yogurt
- 1 tablespoon low-fat granola

#### What to do:

1. Wash your hands and clean your cooking area.
2. Use 1 cup fruit in cup.
3. Top with yogurt half or  $\frac{1}{4}$  cup.
4. Finish off with granola cereal 1 tablespoon or to your liking.

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| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size 1 cup            |                      |
| Servings Per Container 2      |                      |
| Amount Per Serving            |                      |
| <b>Calories</b> 150           | Calories from Fat 20 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 2g           | <b>3%</b>            |
| Saturated Fat 1g              | <b>5%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 5mg        | <b>2%</b>            |
| <b>Sodium</b> 95mg            | <b>4%</b>            |
| <b>Total Carbohydrate</b> 29g | <b>10%</b>           |
| Dietary Fiber 1g              | <b>4%</b>            |
| Sugars 26g                    |                      |
| <b>Protein</b> 7g             |                      |
| Vitamin A 8%                  | Vitamin C 6%         |
| Calcium 20%                   | Iron 4%              |