Breakfast Parfait
Makes 6 – 1 cup servings

Ingredients:
2 cups low fat granola
2 ½ cups low fat yogurt (any flavor)
2 cups of any fresh or canned fruit

Directions:
1. Layer in a glass or cup: 1/3 cup granola, 1/3 cup yogurt, 1/3 cup fruit.
2. Top with a spoonful of yogurt.

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension

---

**Nutrition Facts**

- **Calories**: 240
- **Total Fat**: 3g (5% DV)
- **Saturated Fat**: 1.5g (4% DV)
- **Cholesterol**: 5mg (1% DV)
- **Sodium**: 150mg (6% DV)
- **Total Carbohydrate**: 47g (16% DV)
- **Dietary Fiber**: 0g (0% DV)
- **Total Sugars**: 28g
- **Protein**: 8g

---

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.