

# Sweet Delight Fruit Parfait

## What You'll Need

½ cup fat-free, fruit-flavored yogurt

½ cup diced fruit

¼ cup low-fat granola (or another cereal)

Serves 1

## Let's Cook!

- 1 In a large cup, place half of the fruit.
- 2 Place ½ the yogurt on top of fruit.
- 3 Sprinkle a small amount of cereal over yogurt.
- 4 Repeat steps 1-3.

## Nutrition Facts

Serving Size (217g)  
Servings Per Container

Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 21g	
<b>Protein</b> 6g	
Vitamin A 10%	Vitamin C 80%
Calcium 15%	Iron 4%

