

## Yogurt Parfait

*This recipe is an excellent source of calcium, which builds strong bones.*

### Ingredients:

- 4 **bananas**
- 24 oz low-fat vanilla **yogurt**
- 2 cups low-fat **granola**

### Directions:

1. Peel and/or chop fruit
2. Place half of the fruit on the bottom of four cups or bowls.
3. Spoon half of the yogurt on top of fruit in each cup or bowl.
4. Sprinkle with  $\frac{1}{4}$  cup granola.
5. Repeat layers.
6. Refrigerate leftovers within 2-3 hours.

### Tips:

- Drizzle with honey and top with chopped nuts.
- Try other fruits, such as strawberries, apples, oranges, etc. (use 2 cups for the recipe).
- Use different flavor yogurts such as lemon or fruit.

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups (343g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 480	<b>Calories from Fat</b> 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 104g	<b>35%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 57g	
<b>Protein</b> 11g	
Vitamin A 35%	• Vitamin C 20%
Calcium 25%	• Iron 15%
*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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.