

# Yogurt Parfait

Yogurt and fruit make a refreshing snack. When topped with bran cereal, the parfait is both smooth and crunchy, and provides fibre, calcium, vitamins and minerals.



## Ingredients:

½ cup	Fresh, frozen, or canned fruit <i>(berries, bananas, peaches, strawberries, or your favourite fruit in season)</i>	125 mL
¾ cup	Fruit-flavoured 1% M.F. yogurt <i>(choose yogurt with no sugar substitutes)</i>	175 mL
¼ cup	Flaked bran cereal	60 mL

## Directions:

**Note:** Choose canned fruits packed in light juice or water. Fruits canned in syrup are higher in added sugar.

1. Wash and peel (if necessary) and cut up fruit into small bite-size pieces.
2. Spoon half of the yogurt into a clear glass or dessert bowl.
3. Top yogurt with half of the fruit.
4. Repeat the yogurt and fruit layers.
5. Sprinkle with cereal.
6. Enjoy!

**Makes 1 serving (375 mL / 1 ½ cup / 272 g)**

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<b>Nutrition Facts</b>	
Per 1 recipe (375 mL / 1½ cup / 272 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 240	
<b>Fat</b> 3 g	<b>5 %</b>
Saturated 2 g + Trans 0 g	<b>10 %</b>
<b>Cholesterol</b> 10 mg	
<b>Sodium</b> 160 mg	<b>7 %</b>
<b>Carbohydrate</b> 45 g	<b>15 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 39 g	
<b>Protein</b> 8 g	
Vitamin A	4 %
Vitamin C	50 %
Calcium	20 %
Iron	10 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	2 g
Low in saturated fat	2 g
High in potassium	480 mg
High in calcium	240 mg
High in magnesium	43 mg
Very high in folate	43 mcg
Source of iron	1.7

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1
Grain Products	¼
Milk and Alternatives	1
Meat and Alternatives	0

This is a Choose Most Often recipe (Mixed Dish – Vegetarian) according to the Alberta Nutrition Guidelines.

Using plain low fat yogurt (instead of fruit-flavoured yogurt) decreases the calories to 170, and the sugars to 18 g.