

# MyPlate Parfait

## Ingredients (makes 1 serving)

- 1/2 cup Cut up fruit of your choice (such as strawberries, bananas, and blueberries)
- 3/4 cup Plain or vanilla low-fat yogurt
- 1 Tablespoon Graham cracker crumbs (1/2 cracker crushed)
- 1 Tablespoon Nuts – your choice (almonds, peanuts, pecans, cashews etc)

## Directions

1. Cut fruit into bite sized pieces. Crush graham crackers. Chop nuts, if needed.
2. Layer 1/2 of your fruit in a clear plastic glass. Top with 1/2 of the yogurt, followed by 1/2 of the graham cracker crumbs and nuts.
3. Start the second layer with the fruit and continue until you have used all of the ingredients or filled up your glass.

## Nutrition Information- Per serving

Calories	214	Total Sugars	20g	Sodium	170mg
Protein	12g	Total Fat	7.6g	Cholesterol	11mg
Carbohydrate	26g	Saturated Fat	2g	Fiber	3g



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