

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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