# Yogurt and Fruit Parfaits

FOOD WISE
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## Ingredients (makes 4 servings)

- 1 cup Any fruit (fresh, frozen or canned)
- 2 cups Vanilla yogurt *
- 1/2 cup Granola cereal or crushed graham crackers

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## Directions:

1. Place 1/2 cup yogurt in a small dish.
2. Top with 1/4 cup of fruit. (Drain fruit if using canned.)
3. Sprinkle granola cereal on top of fruit and yogurt.

*For less added sugar, use plain yogurt instead.

## Nutrition Information- Per serving (using nonfat vanilla yogurt)

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|---|---|---|---|---|---|
| Calories | 377 | Total Sugars | 47g | Sodium | 302mg |
| Protein | 21.7g | Total Fat | 0.7g | Cholesterol | 20mg |
| Carbohydrate | 75.8g | Saturated Fat | 0g | Fiber | 1.7g |