

# Crunchy Berry Parfait

**Prep time:** 7 minutes

**Makes:** 1 Parfait

So quick, so easy, and so delicious! This parfait is a favorite among kids and adults alike. Use soy yogurt instead of regular yogurt for those who can't have dairy.

## Ingredients

- 1/2 cup** yogurt, non-fat vanilla
- 1 cup** blueberries or strawberries (fresh or frozen thawed)
- 1/2 cup** low-fat granola (or crunchy cereal)

## Directions

Spoon yogurt into glass, then top with fruit and granola.

## Notes

- Can use fortified soy yogurt
- 1/4 cup blueberries and 1/4 cup strawberries used for nutrition analysis.
- Frozen berries used for costing.

Saint Joseph College SNAP-Ed Nutrition Education Team (NET)

### Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>377</b>    |
| <b>Total Fat</b>          | <b>4 g</b>    |
| Saturated Fat             | 1 g           |
| Cholesterol               | 2 mg          |
| <b>Sodium</b>             | <b>197 mg</b> |
| <b>Total Carbohydrate</b> | <b>81 g</b>   |
| Dietary Fiber             | 7 g           |
| Total Sugars              | 46 g          |
| Added Sugars included     | 27 g          |
| <b>Protein</b>            | <b>11 g</b>   |
| Vitamin D                 | 80 IU         |
| Calcium                   | 224 mg        |
| Iron                      | 3 mg          |
| Potassium                 | 539 mg        |

N/A - data is not available

### MyPlate Food Groups

|  |         |
|--|---------|
|  Fruits | 1 cup   |
|  Grains | 1 ounce |
|  Dairy  | 1/2 cup |