

Strawberry Banana Parfait

Prep time: 5 minutes

Makes: 1 Servings

Whether you are looking for a fruit-filled breakfast option or a better-for-you dessert - enjoy the flavors of layered seasonal fruit, crisp flakes and creamy yogurt in this delicious parfait.

Ingredients

- 1/2** medium ripe banana, mashed
- 1/8 teaspoon** vanilla
- 1/3 cup** plain non-fat yogurt
- 1/2 cup** sliced fresh strawberries
- 1/2 cup** complete bran and wheat flakes ready-to-eat cereal

Directions

1. Stir banana and vanilla into yogurt
2. In one 10-12 ounce glass, alternately layer the yogurt mixture, strawberries and cereal. Serve immediately.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	209	
Total Fat	6 g	
Protein	3 g	
Carbohydrates	10 g	
Dietary Fiber	44 g	
Saturated Fat	0 g	
Sodium	235 mg	

MyPlate Food Groups

Fruits	3/4 cup
Grains	1/2 ounce
Dairy	1/2 cup