

## Breakfast Parfait

### Nutrition Facts

4 servings per container

**Serving size** 1 prepared bowl

**Amount Per Serving**

**Calories** **250**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1.2g **6%**

*Trans* Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 3.4g

**Cholesterol** 5mg **2%**

**Sodium** 50mg **2%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 4g **14%**

Total Sugars 18g

Includes 7g Added Sugars **14%**

**Protein** 14g **28%**

Vitamin D 0mcg **0%**

Calcium 156mg **10%**

Iron 1.62mg **8%**

Potassium 329mg **8%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients Needed:

- 2 cup Non-fat Greek Yogurt (vanilla)
- 1 cup fresh or frozen berries
- 1 cup whole grain granola
- Honey (optional)

### Directions:

1. Wash hands with soap and water.
2. Separate 4 bowls on the counter, and fill each with 1/2 cup of non-fat yogurt.
3. Evenly spread 1/4 cup of granola over each bowl of yogurt.
4. Evenly distribute 1/4 cup of fresh or frozen berries.
5. Optional: drizzle honey over each breakfast parfait for garnish.
6. Enjoy!

**Cook time:** 5 mins

**Makes:** 4 servings