

# Yogurt Parfait



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**Recipe makes:** 1 serving

**Preparation time:** 5 minutes

**Cook time:** 0 minutes

**Equipment:** one set of measuring cups, one spoon, one bowl or parfait cup, one knife (optional), one cutting board (optional)

## What you need to make this recipe:

- $\frac{3}{4}$  cup low-fat plain yogurt (regular or Greek)
- $\frac{1}{4}$  cup nut-free granola
- Fresh or thawed frozen fruit, cut into bite-sized pieces (optional)

## How to make Yogurt Parfait:

1. Put the yogurt in a bowl or parfait cup.
2. Put the granola and fruit (optional) on top of the yogurt.

Nutrition Facts	
Per 1 serving (1 cup)	
<b>Calories</b>	<b>190</b> % Daily Value*
<b>Fat</b> 3 g	4 %
Saturated 0.5 g	3 %
+ Trans 0 g	
<b>Carbohydrate</b> 29 g	
Fibre 2 g	7 %
Sugars 14 g	14 %
<b>Protein</b> 11 g	
<b>Cholesterol</b> 5 mg	
<b>Sodium</b> 160 mg	7 %
Calcium 300 mg	23 %
Iron 1 mg	6 %
Vitamin A 0 µg	0 %
Vitamin C 1.5 mg	2 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
<b>Nova Scotia School Food and Beverage Standard:</b> Maximum	

## Allergy information:

Contains milk.

May contain wheat and gluten.

## About this recipe:

Yogurt made from cow's milk contains calcium. Getting enough calcium in your diet can help you build strong bones and teeth.

When choosing granola, look for granola that is high in fibre. Look for granola that has 4g of fibre or more per serving. Getting enough fibre in your diet can help keep your gut healthy.

## Substitutions:

To make this recipe milk-free, use a plant-based yogurt.

To make this recipe wheat and gluten-free, use certified gluten-free granola.

## Storage information:

Yogurt Parfait can be stored in an airtight container in the fridge for up to 24 hours.