

Strawberry Banana Parfait

Prep time: 5 minutes

Makes: 1 Serving

Enjoy the flavors of layered strawberries, crispy cereal flakes and creamy yogurt in this delicious parfait. Serve as a fruit-filled breakfast option or a better-for-you dessert!



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 bran and wheat flakes ready-to-eat cereal

Directions:

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

Nutrition Information:

Amount: 1 parfait

Calories: 190

Total Fat: 1 g

Saturated Fat

0 g

Cholesterol

2 mg

Sodium

235 mg

Total Carbohydrate

44 g

Dietary Fiber

7 g

Total Sugars

24 g

Added Sugars included

3 g

Protein

10 g

Vitamin D

1 mcg

Calcium

200 mg

Iron

13 mg

Potassium

448 mg

N/A - data is not available

Source:

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/strawberry-banana-parfait>