

strawberry banana yogurt parfait



National Heart, Lung,
and Blood Institute

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Ingredients

4 cups light (no-sugar-added) fat-free vanilla yogurt

2 large bananas (about 2 cups), sliced

2 cups fresh strawberries, sliced (or use thawed frozen fruit)

2 cups graham crackers, crumbled

1/2 cup fat-free whipped topping (optional)

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1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each wine or parfait glass. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, and 1/4 cup graham crackers.
2. Repeat the yogurt, banana, strawberry, and graham cracker layers.
3. Top with a rounded tablespoon of fat-free whipped topping, if desired. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

Yield 8 servings, **Serving Size** 1 parfait (1 cup), **Calories** 179, **Total Fat** 2g, **Saturated Fat** 1g, **Cholesterol** 3mg, **Sodium** 190mg, **Total Fiber** 2g, **Protein** 6g, **Carbohydrates** 36g, **Potassium** 438mg