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Yogurt Parfaits

Budget-friendly recipe

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Serves: 4

Ready in: 15 mins.

Carefully read the labels on the yogurt, granola, and cereal you buy. Many have a lot of added sugar.

Ingredients

2 cups fresh fruitfrozen fruit *at least two different kinds*

2 cups unsweetened yogurt

2 tablespoons 100% fruit spreadHoney

1 cup low sugar granolalow sugar dry cereal

What You'll Need

Measuring cups

Measuring spoons

Sharp knife

Cutting board

Large bowl

Spoon

Small bowl or cups

Directions

1. Wash and cut fruit into small pieces.
2. In a bowl, mix the yogurt and fruit spread together.
3. Layer each of the four parfaits as follows: $\frac{1}{4}$ cup fruit, $\frac{1}{4}$ cup yogurt, 2 tablespoons granola (repeat).

Storage Tips

- Combine all ingredients except the granola the night before for a quick breakfast.

Nutrition Info and more

Serving size: 1 cup

Total calories: 272 Total fat: 7 g Saturated fat: 4 g Carbohydrates: 44 g Protein: 9 g Fiber: 4 g Sodium: 137 mg



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