

Strawberry Banana Parfait



Makes: 1 Serving

Total Cost: \$\$\$\$

Preparation Time: 5 minutes

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.

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2. In a 10-12 ounce glass, alternately layer the yogurt-banana mixture, strawberries and cereal.
3. Serve immediately and enjoy.

Source:

MyPlate National Strategic Partners

The Grain Chain

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Nutrition Information

Serving Size: 1 strawberry banana parfait

Nutrients Amount

Total Calories	190
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	235 mg
Carbohydrates	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

MyPlate Food Groups

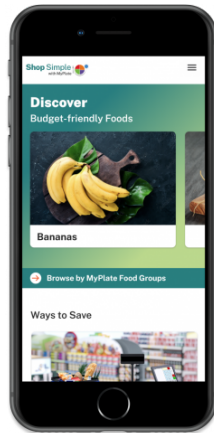


■ Fruits	3/4 cups
■ Grains	1/2 ounces
■ Dairy	1/2 cups

N/A will display when nutrient data is unavailable

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Please note: nutrient values are subject to change as data is updated



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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