



A Nutrition Resource

# CHERRY AND YOGURT PARFAIT

**Yield: 6 Servings | Serving Size: 3/4 cup**

**Cost/Serving: \$1.02**

## Ingredients:

- 3/4 cup granola, whole grain rich
- 3 cups fresh cherries, pitted and whole sliced, or chopped
- 3 cups plain yogurt, low-fat
- 1/2 tsp vanilla extract
- 1 tbsp honey

## Directions:

1. Set out desired number of cups (about 9 oz each) on workspace.
2. Place 1/2 cup cherries in each cup.
3. Combine yogurt, vanilla, and honey in a large bowl. Stir well.
4. Portion 1/2 cup (about 4 oz) yogurt mixture on top of cherries.
5. Sprinkle granola on top of yogurt, portioned evenly between desired number of cups/servings.
6. Serve immediately

## Nutrition Facts

6 servings per container  
**Serving size 3/4 cup (0.0g)**

**Amount Per Serving**  
**Calories 170**

**% Daily Value\***

**Total Fat 2.5g 3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol 10mg 3%**

**Sodium 35mg 2%**

**Total Carbohydrate 25g 9%**

Dietary Fiber 2g **7%**

Total Sugars 16g

Includes 4g Added Sugars **8%**

**Protein 12g**

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 0.7mg 4%

Potassium 300mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and What's cooking USDA Mixing Bowl

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