

## Simple Yogurt Parfait

1 serving

Estimated cost per serving: \$0.80

- $\frac{1}{2}$  cup frozen unsweetened berries (such as blueberries, raspberries, strawberries or a mix)
- 1 (6 oz.) carton light vanilla yogurt
- 2 Tbsp low-fat granola cereal



1. Pour berries into a small bowl.
2. Spoon yogurt on top of fruit.
3. Pour granola over top of yogurt and savor each delicious bite!

\* If the berries are too hard/frozen, you can thaw berries in the microwave for 10-15 seconds, but they taste best when they are still somewhat frozen.

**Nutrition facts per serving:** 180 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 35g carbohydrate, 3g dietary fiber, 7g protein, 110mg sodium.

**Good source** of vitamin C, calcium and fiber.

Pyramid servings:  $\frac{3}{4}$  dairy,  $\frac{1}{2}$  fruit,  $\frac{1}{2}$  grain

**Nutrition Note:** Berries are an excellent source of antioxidants, especially blueberries. Antioxidants may help play a role in your body's defense against cancer-causing agents, heart disease, cataracts & the effects of aging. Berries are also rich in Vitamin C, folic acid, dietary fiber and potassium. Include berries in your diet several times a week . . . spoon berries onto your cereal, make a home-made smoothie, top whole grain toaster waffles with berries in place of syrup or combine with other fruits to make a delicious fruit salad. Frozen, unsweetened berries are available year round & fit into most food budgets.

Recipe provided by Keri Tonia, MSU Dietetics Student, 8/06.

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