

Strawberry-Banana Yogurt Parfait Recipe

Note: This recipe can be used as part of a cooking demonstration. For variety, substitute fruit yogurt or sugar-free pudding for the vanilla yogurt. Plain, low-fat yogurt mixed with honey is another idea to share with the group. If fresh strawberries are not available, try thawed frozen fruit or canned fruit packed in fruit juice. If time permits, invite the group members to make their own parfait. Line up the bowls, and supply a measuring cup for the amount to be used for each layer. Group members will enjoy making their own desserts and eating the tasty treat!

1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each of four 8-ounce wine or parfait glasses. Top the yogurt with 1 tablespoon of sliced bananas, 1 tablespoon of sliced strawberries, and $\frac{1}{4}$ cup of graham cracker crumbs.
2. Repeat the banana, strawberry, wafer, and graham cracker layer.
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.

4 cups of light (no-sugar-added) vanilla yogurt or pudding

2 cups of sliced bananas
(about 2 large bananas)

2 cups of fresh strawberries

2 cups graham cracker crumbs

(Optional) 1 tablespoon of fat-free whipped topping

Yield:	Serving size
8 servings	1 cup:
Calories	179
Total Fat	2 g
Saturated Fat	1 g
Trans fat:	0 g
Cholesterol	3 mg
Sodium	190 mg
Total Fiber	2 g
Protein	6 g
Carbohydrates	36 g
Potassium	438 mg

Quick Fact

This nutritious yogurt and fruit treat will add color and joy to your celebrations.