

# strawberry banana yogurt parfait

## Ingredients

4 cups light (no-sugar-added)  
fat-free vanilla yogurt

2 large bananas (about 2 cups),  
sliced

2 cups fresh strawberries, sliced  
(or use thawed frozen fruit)

2 cups graham crackers,  
crumbled

$\frac{1}{2}$  cup fat-free whipped topping  
(optional)



1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each wine or parfait glass. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, and  $\frac{1}{4}$  cup graham crackers.
2. Repeat the yogurt, banana, strawberry, and graham cracker layers.
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.

**Yield** 8 servings, **Serving Size** 1 parfait (1 cup), **Calories** 179, **Total Fat** 2g, **Saturated Fat** 1g, **Cholesterol** 3mg, **Sodium** 190mg, **Total Fiber** 2g, **Protein** 6g, **Carbohydrates** 36g, **Potassium** 438mg



National Heart, Lung,  
and Blood Institute