

FRUIT AND YOGURT PARFAIT

INGREDIENTS

- 1 apple, chopped
- 1 banana, peeled and sliced
- 1 cup papaya, chopped
- 1 cup strawberries, sliced
- 1 cup nonfat yogurt, any flavor
- 1 cup WIC cereal



DIRECTIONS

In a large bowl, combine all fruit and toss. Divide fruit mixture into serving bowls. Top each bowl with 1/4 cup of yogurt and sprinkle with cereal.

SERVES 4

NUTRITIONAL INFORMATION (per serving)

CALORIES 164; FAT 1g; PROTEIN 4.4g; CHO 37g; FIBER 4g; CALCIUM 120mg; IRON 3mg;
VITAMIN A (RE) 95mcg; VITAMIN C 50mg; FOLATE 69mcg

Recipe provided by Monica Castaneda, WIC participant



NCLR
NATIONAL COUNCIL OF LA RAZA