

# fruit parfait

Serves: 2

Prep time: 10 min

Per serving: 265 calories, 11 g fat, 51 mg sodium

1 small banana, sliced    1/2 cup granola, plus extra    3/4 cup vanilla yogurt  
8 strawberries, quartered    for topping

1. Layer the ingredients into a dish or Tupperware beginning with the fruit, then yogurt, and then cereal.
2. Repeat two more times to finish with a layer of cereal on top. Top with a strawberry or berry of choice.

Vary It! For something to eat while running out the door, try a shake! Use 1 banana, 1/2 cups milk, 2 to 3 TBS of your favorite whole-grain cereal, and 1 tsp honey. Blend all the ingredients together until nice and smooth. It is a tasty, nutritious, and fast breakfast!

