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Fruited Individual Parfait

Ingredients:

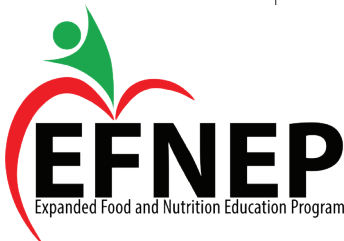
- 2/3 cup low fat vanilla flavored yogurt
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons canned mandarin oranges, drained
- 2 Tablespoons granola

Makes 1 servings - 13% calories from fat

Instructions:

1. Wash all fresh fruit in cold water and drain well.
2. Start with 1/3 cup yogurt.
3. Layer variety of fruit.
4. Add another 1/3 cup yogurt and top with granola.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 10g	
Vitamin A 8%	• Vitamin C 40%
Calcium 30%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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