

BLUEBERRY BANANA PARFAIT

INGREDIENTS:

- 1 cup non-fat plain Greek yogurt
- 1/4 cup almonds, slivered
- 1/2 cup blueberries
- 1 banana, sliced
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon stevia

DIRECTIONS

1. Place half of the Greek yogurt in equal amounts at the bottom of two glasses
2. Add a layer of almonds followed by a layer of blueberries and banana slices. Repeat.

Nutrition Facts

Serving Size (194g)
Servings Per Container 2

Amount Per Serving

Calories 200 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 40mg **2%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 12g

Protein 15g

Vitamin A 0% • Vitamin C 10%

Calcium 15% • 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

