BLUEBERRY BREAKFAST PARFAIT

SERVES 4

INGREDIENTS

- 2 cups chopped pineapple, canned
- 1 cup frozen blueberries
- 1 cup non-fat yogurt (any flavor)
- 1 sliced banana
- 1/3 cup raisins
- 1 cup granola

DIRECTIONS

1. In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins with granola or other crunchy whole grain cereal.

NUTRITION INFORMATION:

- Calories: 190
- Fat: 1 grams (g)
- Saturated Fat: 0.5 grams (g)
- Trans Fat: 0 grams (g)
- Cholesterol: 5 milligrams (mg)
- Carbohydrates: 44 grams (g)
- Dietary Fiber: 3 grams (g)
- Protein: 4 grams (g)
- Sodium: 40 milligrams (mg)
- Vitamin A: 2%
- Calcium: 15%
- Vitamin C: 45%
- Iron: 6%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE
AT www.extension.umn.edu/nutrition (Revised 8/2014)