



Peach Parfait

SERVING SIZE: 1 cup

SERVINGS: 4

PREPARATION TIME: 10 minutes

INGREDIENTS:

- 2 cups low-fat plain yogurt
- 1 cup canned peaches in 100% juice
- 1 cup whole grain cereal such as Life



DIRECTIONS:

1. Scoop $\frac{1}{2}$ cup yogurt into each bowl.
2. Top each parfait with $\frac{1}{4}$ cup peaches and $\frac{1}{4}$ cup cereal.
3. Serve and Enjoy!

RECIPE TIPS:

- Fresh peaches can be used instead of canned if available.
- You can substitute in any whole grain cereal of your choice.
- You can sub any canned, frozen or fresh fruit for peaches if desired.

NUTRITION FACTS:

Amount Per Serving

Calories	140
Total fat	1.8 g
Saturated fat	1 g
Cholesterol	7 mg
Sodium	153 mg
Total Carbohydrate	21.4g
Fiber	1.5 g
Sugar	12.4 g
Protein	8.2 g
Potassium	329 mg

EQUIPMENT NEEDED:

- 4 small bowls
- 4 spoons
- Can opener
- Measuring Cups

Recipe submitted by Waukesha County Extension FoodWise Program

Additional recipes available at: healthyshelves.org