

Yogurt and Cheerios® Parfaits

Prep Time: 10 Minutes

Start to Finish: 10 Minutes

Makes: 4 servings



3 containers (6 oz each) Yoplait® Original 99% Fat Free strawberry yogurt (2 cups)

1 can (8 oz) crushed pineapple in juice, drained

2 cups Cheerios® cereal

1 medium banana, sliced (1 cup)

1 can (11 oz) mandarin orange segments in light syrup, drained

1/4 cup flaked coconut, toasted

4 fresh strawberries, sliced

1. In medium bowl, mix yogurt and pineapple. Into each of 4 parfait glasses, place 1/4 cup of the cereal.
2. Spoon 2 tablespoons yogurt mixture on top of cereal in each glass. Top each with 1/4 cup cereal, then with 1/4 of the banana slices.
3. Spoon 2 tablespoons yogurt mixture onto banana in each; top each with orange segments. Spoon remaining yogurt mixture over orange segments. Sprinkle with coconut. Garnish with strawberries.

High Altitude (3500-6500 ft): No change.

Nutritional Information:

1 Serving: Calories 310 (Calories from Fat 35); Total Fat 4g (6%); Saturated Fat 2g (11%), Trans Fat 0g; Cholesterol 0mg; Sodium 200mg (8%); Total Carbohydrate 62g (21%); Dietary Fiber 3g (14%), Sugars 44g; Protein 6g

% Daily Value*: Vitamin A 30%; Vitamin C 50%; Calcium 20%; Iron 20%

Exchanges: 1/2 Starch; 1 Fruit; 2 Other Carbohydrate; 1/2 Skim Milk; 0 Vegetable; 1 Fat

Carbohydrate Choices: 4

*% Daily Values are based on a 2,000 calorie diet.

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