Banana Split Berry Yogurt Parfait

Makes 4 servings; 1 parfait per serving
Per serving: 157 Calories; 0.0 g Saturated Fat; 75 mg Sodium

Ingredients

- 12 ounces fat-free pineapple yogurt
- 1 cup sliced strawberries OR mixed berries (thawed if frozen)
- 1 large banana
- ¼ cup low-fat granola
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon confectioners’ sugar
- 2 teaspoons hot water

Tools Needed

- Measuring cups & spoons
- Spoon and fork
- Knife
- Cutting board
- Small cup
- 2 Small glasses or cups
Directions

1. Using your knife and cutting board, slice the banana and strawberries.

2. Begin your parfait by layering $\frac{1}{3}$ cup of yogurt into each glass.

3. Add $\frac{1}{4}$ cup of berries and $\frac{1}{4}$ cup of sliced bananas on top of the yogurt in each glass.

4. In a small cup, use a fork to whisk together 1 tablespoon cocoa powder, 1 tablespoon confectioners’ sugar and 2 teaspoons hot water until smooth.
Sprinkle 1 tablespoon of granola and drizzle 1 teaspoon of chocolate mixture over each parfait.