

# 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



1/4 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.



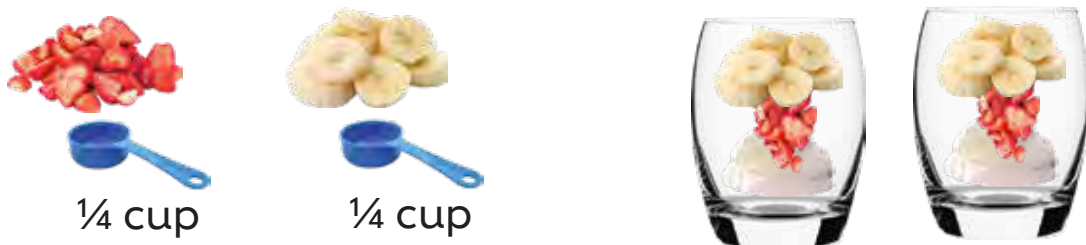
2

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.



5

Sprinkle 1 tablespoon of granola and drizzle 1 teaspoon of chocolate mixture over each parfait.



1 tablespoon



1 teaspoon



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