

Prep Time*: 15 minutes

**No cook time needed*

Included in Box:

- ½ c. fruit cocktail in juice, drained

Additional Ingredients Needed:

- ½ c. plain low-fat yogurt
- ½ c. whole wheat or whole grain cereal

Directions:

1. Spoon 2 T. of fruit cocktail into the bottom of a cup. Add 2 T. yogurt then 2 T. whole wheat cereal
2. Alternate layers until all ingredients are used

Tip:

Use Greek yogurt for additional protein and top with fresh fruit or unsalted nuts for extra flavor!



Nutrition Facts*

Total Servings: 1
Serving Size: 1 (1 ½ c.) parfait
Calories: 178
Fat: 1.7 g
Sodium: 152 mg
Carbohydrates: 34 g
Fiber: 2 g
Protein: 6.4 g
Carbohydrate Servings: 2

**Nutrient facts include canned fruit cocktail in juice, plain low-fat yogurt, and whole grain cereal.*