

Fruit Parfait

Gluten Free – use gluten free granola

Plant Based/Vegan – use vegan yogurt such as soy or almond

A fruit parfait is an excellent choice for a healthy dessert!!

Ingredients:

Fruit of your choice

Vanilla or Plain Low Fat or Fat Free Greek Yogurt *Greek yogurt is higher in protein and lower in added sugars than regular yogurts.

Toppings such as granola or nuts

You can choose whatever fruits you want to use for your fruit parfait. For one parfait choose about 3/4 cup of fruit. Layer about 1/4 cup of fruit into a bowl or cup, top with 1-tablespoon yogurt, add another 1/4 cup of fruit, then another layer of 1-tablespoon yogurt, another layer of fruit and top it off with 1- tablespoon of yogurt with 1-tablespoon of granola or nuts.

Great fruit choices are:

Berries, strawberries, blueberries, blackberries, raspberries Melons, peeled and cubed: Watermelon, cantaloupe or honeydew melon Kiwi – peeled and sliced Mango – Peeled and cubed Oranges – peeled and slices cut in half Pineapple chunks, fresh or canned (drained) Peach slices



Nutritional Facts	1-cup
Serving Size	
Servings	estimated
Calories	100-150
Total Fat	1.0gm
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	20-30mg
Carbohydrates	18-25gm
Fiber	2-5gm
Protein	3-5gm
Calcium	60mg



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