



Super Yogurt Parfait

16 (1¹/₄ cup) Servings

Ingredients:

8 ounces low-fat vanilla yogurt
¼ cup chopped fruit (such as apples, berries, or bananas)
2 tbsp. raisins (optional)
2 tbsp. chopped nuts, sunflower seeds or coconut flakes (optional)
3 tbsp. frozen orange juice concentrate

Directions:

1. In small bowl, thoroughly mix yogurt and orange juice concentrate.
2. Mix in remaining ingredients.
3. Enjoy immediately or keep in refrigerator until ready to eat.

Nutrition facts:

Calories: 430
Fat: 12g
Cholesterol: 10mg
Sodium: 160mg
Carbohydrate: 66g
Protein: 18g
Fiber: 2g

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