

## Ingredients:

1 cup low-fat flavored yogurt  
1/4 cup raisins  
1/4 cup low-fat granola  
1/2 cup strawberries or other berries

Yogurt Parfait

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## Directions:

1. Wash hands with warm water and soap. Wash fresh fruit before preparing.
2. Layer half of the yogurt, raisins, granola, half of the berries, remaining yogurt and top with remaining berries.

## Nutrition Facts (Per Serving)

Calories, 422; Carbohydrate, 84 g; Protein, 13 g; Total Fat, 4 g; Saturated Fat, 2 g; Trans Fat, 0 g; Cholesterol, 15 mg; Fiber, 6 g; Total Sugars, 67 g; Sodium, 217 mg; Calcium, 391 mg; Folate, 170 mcg; Iron, 2 mg; Percent Calories from Fat, 9%.

Makes 1 serving.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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