strawberry banana yogurt parfait

Ingredients

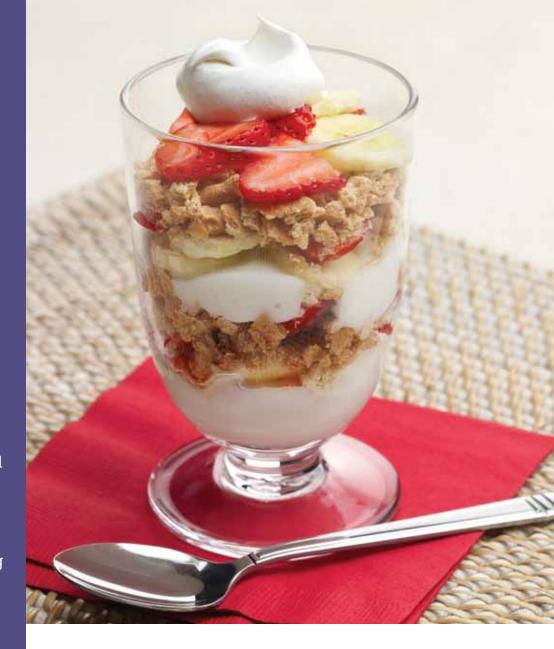
4 cups light (no-sugar-added) fat-free vanilla yogurt

2 large bananas (about 2 cups), sliced

2 cups fresh strawberries, sliced (or use thawed frozen fruit)

2 cups graham crackers, crumbled

 $\frac{1}{2}$ cup fat-free whipped topping (optional)



- 1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each wine or parfait glass. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, and $\frac{1}{4}$ cup graham crackers.
- 2. Repeat the yogurt, banana, strawberry, and graham cracker layers.
- **3.** Top with a rounded tablespoon of fat-free whipped topping, if desired. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

Yield 8 servings, Serving Size 1 parfait (1 cup), Calories 179, Total Fat 2g, Saturated Fat 1g, Cholesterol 3mg, Sodium 190mg, Total Fiber 2g, Protein 6g, Carbohydrates 36g, Potassium 438mg

