



## Mini Strawberry Parfait



Servings: 1

Ingredients	Nutrient value per serving
<p>½ c. strawberries, halved            ⅔ c. plain, nonfat Greek yogurt            1½ graham crackers, 2½-in. square, crumbled</p>	<p>Exchanges ..... ½ fruit            ..... 1 milk            ..... ½ starch            Calories .....157            Calories from Fat.....12            Total Fat .....1.3 g            Saturated Fat .....0.2 g            Cholesterol .....9 mg            Sodium .....123 mg            Carbohydrate .....20 g            Fiber .....1.8 g            Sugar ..... 13 g            Protein.....17 g</p>
Instructions	Notes
<ol style="list-style-type: none"> <li>1. In a cup, place a layer of crumbled graham crackers, strawberry and then yogurt, trying to use less than half the cup.</li> <li>2. Repeat layering until cup is full.</li> <li>3. Decorate top with an upside-down strawberry and a light layer of crumbled graham cracker.</li> </ol>	<p>Prep and cook time: 5 min.</p> <p>A delicious treat doesn't have to mean high fat and high calories. Try this easy-to-make Mini Strawberry Parfait!</p> <p><i>VEGETARIAN (MEAT FREE) recipes are prepared without any meat, poultry, or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items. TOPS vegetarian recipes may contain animal products including foods with animal fats, milk or eggs.</i></p>