

Banana Granola Parfait

Ingredients

1 cup low fat vanilla yogurt

1 Banana sliced

¼ - ½ cup granola



Makes 1 parfait

Prep time: 5 minutes

Preparation

Layer as follows: ⅓ cup yogurt, ½ banana, ½ serving of granola, repeat. Top with yogurt.

Nutritional information per serving

Calories 260, Carbohydrate 53 g

Dietary Fiber 3 g, Protein 7 g, Total Fat 2.5 g

Saturated Fat 1 g, Trans Fat 0 g

Cholesterol 5 g, Sodium 130 mg

Recipe: Sodexo