

**SBH WIC February 2021
Strawberry Banana Yogurt Parfait**



INGREDIENTS 8 Servings

4 cups light (no-sugar-added) fat-free plain yogurt
2 large bananas (about 2 cups), sliced
2 cups fresh strawberries, sliced (or used thawed frozen fruit)
2 cups graham crackers, crumbled
½ cup fat-free whipped topping (optional)
1 tbsp honey

DIRECTIONS

1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each 8-ounce wine or parfait glass.
2. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, 1 tbsp honey and ¼ cup graham crackers.
3. Repeat the yogurt, banana, strawberry, and graham cracker layers.
4. Top with a rounded tablespoon of fat-free whipped topping (optional).
5. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/yogurt-parfait.htm>