

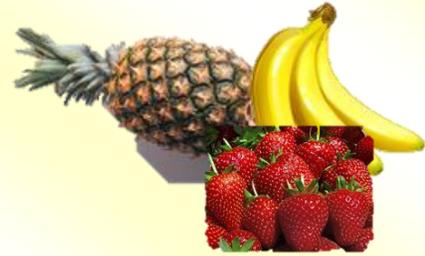


## Perfect Parfaits

Yield: 6 servings

### Ingredients:

- 2 c. strawberries, sliced
- 1 banana, sliced
- 1 orange, peeled and sliced or 1 (11 oz.) can mandarin oranges
- 1 c. pineapple, fresh or canned, cubed
- ¼ c. orange juice
- 1 c. non-fat vanilla or lemon yogurt
- ¼ c. crunchy nugget cereal



### Directions:

1. In a medium bowl, mix strawberries, banana, orange, and pineapple.
2. Pour orange juice over the fruit and stir gently.
3. Refrigerate until chilled, 15-30 minutes.
4. Divide one half of the fruit mixture into 6 glasses.
5. Top fruit mixture with a heaping tablespoon of yogurt.
6. Add remaining fruit mixture to each glass. Top fruit mixture with remaining yogurt.
7. Sprinkle each parfait with crunchy nugget cereal.

**Nutrition Information** per Serving: Calories 130, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg, (0% DV), Sodium 60 mg (3% DV), Total Carbohydrate 29 g (10% DV), Dietary Fiber 3 g (12% DV), Sugars 21 g, Protein 4 g, Vitamin A 4%, Vitamin C 100%, Calcium 10%, Iron 10%.

**Source:** University of Nebraska-Lincoln Extension



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