

Easy Yogurt Parfait

Ingredients:

- ½ cup lightly drained canned peach slices
- 1 cup vanilla flavored yogurt
- ½ cup raisin bran cereal

Directions:

- Layer peaches, yogurt and cereal in a glass or cup. Serve immediately or cover and refrigerate until ready to eat.

Makes 1 servings. Per serving: 360 calories, 3.5 grams (g) fat, 71 g carbohydrate. 45% of the daily value of calcium!

NDSU EXTENSION
SERVICE