

Choco-Berry Crunch Yogurt Parfait

Entire recipe: 218 calories, 1g total fat (0g sat fat), 106mg sodium, 35.5g carbs, 2.5g fiber, 26.5g sugars, 16.5g protein

Prep: 5 minutes

Ingredients

1/2 cup chopped strawberries
1 tbsp. low-sugar strawberry preserves
6 oz. (about 2/3 cup) fat-free vanilla Greek yogurt (like the kind by Chobani)
1/4 cup low-fat chocolate cereal (like Chocolate Cheerios)



Directions

In a medium bowl, combine strawberries with preserves, and stir to coat.

In a mid-sized glass, layer half of each ingredient: yogurt, strawberry mixture, and cereal.

Repeat layering with remaining ingredients. Dig in!

MAKES 1 SERVING

Nutrition Information:

Entire recipe:

220 calories
1 g total fat
36 g carbohydrate
17 g protein

Recipe from:

<http://www.hungry-girl.com/recipes/choco-berry-crunch-yogurt-parfait>

What Makes A Great Breakfast?

While any breakfast is better than no breakfast, the best food choices are those that will give you long-lasting energy. Choosing

complex carbohydrates, healthy fats and lean protein will give you energy and the feeling of fullness to make it to lunch!

COMPLEX CARBOHYDRATES

Provide fuel for our brains and muscles. Whole grains and fiber provide a feeling of fullness that discourages overeating.

- Whole grain bread, waffles, muffins, bagels
- Whole grain cereals
- Oatmeal
- Granola bars

Look for whole grains and fiber on food packages and labels.

Lean Protein

Provides a feeling of fullness.

- Peanut butter or other nut butters
- Nuts or seeds
- Eggs
- Beans
- Low-fat milk
- Lean ham, turkey or Canadian bacon
- Low-fat yogurt or cheese

Choose proteins that are low in fat.

HEALTHY FATS

Provide energy and essential fatty acids.

- Peanut butter or other nut butters
- Sunflower or pumpkin seeds
- Oils
- Nuts
- Avocado

Choose monounsaturated and polyunsaturated fats from plant-based foods and oils.

Choose 2 to 3 Food Groups at Breakfast Time

Here's some ideas:

FRUITS & VEGETABLES:

- Fruit smoothie
- Fresh fruit
- 100% fruit juice without added sugar
- Vegetable omelet

DAIRY:

- Milk
- Cottage cheese
- Yogurt
- Low-fat cheese

GRAINS:

- Whole grain toast, bagels or roll
- English muffins
- Oatmeal
- Cold cereals
- Low sugar, high fiber!
- Low-fat muffins
- French toast, waffles, or pancakes

PROTEIN:

- Eggs
- Peanut butter
- Nuts
- Sliced lean ham or turkey

BREAKFAST ON THE RUN!

- Hard-boiled egg
- Granola bar
- Fresh fruit
- Yogurt cup topped with granola or dry cereal
- Baggie of trail mix and dry cereal
- Low-fat cheese stick
- Peanut butter sandwich
- Unsweetened applesauce cup
- Whole grain frozen waffle spread with peanut butter
- Fruit & yogurt smoothie