

Good Morning Power Parfait

Ingredients:

2 cups fat-free vanilla Greek yogurt
1 teaspoon ground cinnamon
1 ripe medium banana
2 ½ cups strawberries, sliced
½ cup grape-nut style cereal

Directions:

1. Mix yogurt and cinnamon in a bowl
2. Divide bananas and strawberries evenly into four bowls, top with yogurt, and cereal
3. Enjoy!

Nutrition Facts

Serving size: 1 Cup

Servings: 4

Amount per serving

Calories **195**

% Daily Value*

Total Fat 0.6g **1%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 124mg **5%**

Total Carbohydrate 37.2g **14%**

Dietary Fiber 9.3g **33%**

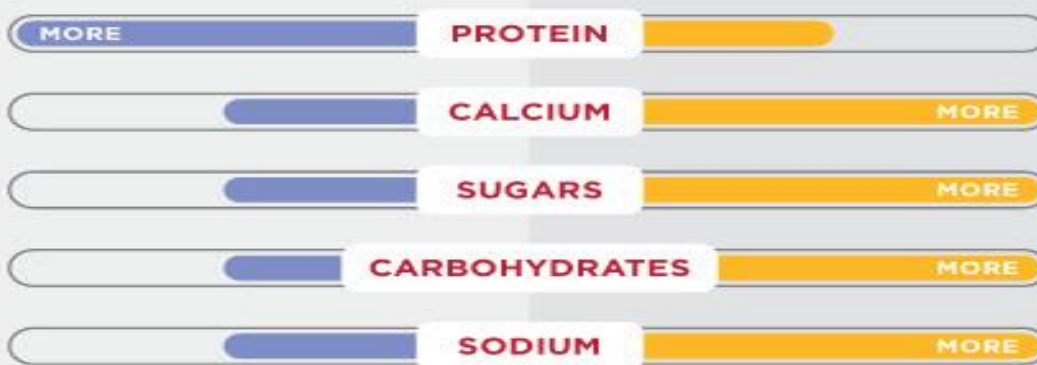
Total Sugars 14.5g

Protein 13.4g



PROCESSING	
Goes through a straining process to remove most of the whey.	Contains whey, the thin liquid that forms on top of yogurt when it has settled.
INGREDIENTS	
3 to 4 ounces of milk yields about 1 ounce of yogurt.	1 ounce of milk yields about 1 ounce of yogurt.
TEXTURE	
Thick and creamy	Thin and liquid-like

NUTRITIONAL FACTS



"Greek yogurt is so high in protein because the protein is left behind in the solid yogurt during the straining process, which also contributes to the creamy, rich flavor that so many people love."

Lena Beal, MS, RDN, LD, therapeutic dietitian at Piedmont

SIX FUN YOGURT FACTS

<p>Yogurt can be eaten by people who are lactose-intolerant because it contains an enzyme that breaks down lactose in the intestines.</p>	<p>Yogurt may be helpful for women who are susceptible to yeast infections because it creates an environment too acidic for yeast.</p>	<p>Greek yogurt is a healthy cooking substitute for cream cheese, sour cream and milk.</p>
<p>Eating yogurt with...</p>	<p>Eating yogurt with...</p>	<p>You can make your own...</p>