



A Nutrition Resource

MAKE-AHEAD BREAKFAST PARFAITS

Yield: 1 Servings | Serving Size: 2 1/4 cups
Cost/Serving: \$1.75

Ingredients:

- 6 ounces nonfat plain yogurt
- 1/3 cup old-fashioned oats, uncooked
- 2 Tablespoons nonfat milk
- 1 cup frozen mixed berries

Directions:

- 1) In a bowl, combine yogurt, oats, and milk. Stir to combine.
- 2) Layer half of mixture in a wide-mouth mason jar or other glass container. Add half the berries, then layer in remaining yogurt mixture and berries.
- 3) Refrigerate overnight and up to 3 days. Enjoy cold.

Variations: Try other fruits, other types of yogurts, or adding nuts just before serving.

From: www.iowagirleats.com

Nutrition Facts

1 servings per container
Serving size 2.25 cups (367g)

Amount per serving
Calories 260

% Daily Value*

Total Fat 3g 4%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol 5mg 2%

Sodium 135mg 6%

Total Carbohydrate 49g 18%

Dietary Fiber 7g 25%

Total Sugars 26g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0mcg 0%

Calcium 409mg 30%

Iron 1mg 6%

Potassium 242mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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