

Banana Nut Parfait



Ingredients:

- 1 cup, plain or vanilla low-fat Greek yogurt
- 1/2 banana, peeled and sliced into 8 bite-sized pieces
- 2 tablespoons almonds, crushed (may substitute granola or another nut)

Directions:

1. Place 4 tablespoons of yogurt in a cup.
2. Place 4 slices of banana on yogurt.
3. Sprinkle 1/8 teaspoon of almonds on bananas.
4. Repeat this process until all ingredients have been used.
5. Serve immediately, or refrigerate or freeze until ready to serve.

Makes 1 Serving



Tarrant County Public Health
<http://health.tarrantcounty.com>