

# Strawberry Banana Yogurt Parfaits with Cheerios

## INGREDIENTS

- 1/2 cup low added sugar Strawberry Flavored Greek Fat-Free Yogurt
- 1/3 banana, sliced
- 2 strawberries, sliced
- 1/4th cup cheerios
- 1 tbsp fat-free whipped topping (optional)

**SERVING SIZE: 1**  
**TIME: 10 MINUTES**



Adapted from: [deliciouslysprinkled.com](http://deliciouslysprinkled.com)



# Strawberry Banana Yogurt Parfaits with Cheerios

## INGREDIENTS

- 1/2 cup low added sugar Strawberry Flavored Greek Fat-Free Yogurt
- 1/3 banana, sliced
- 2 strawberries, sliced
- 1/4th cup cheerios
- 1 tbsp fat-free whipped topping (optional)

**SERVING SIZE: 1**  
**TIME: 10 MINUTES**



Adapted from: [deliciouslysprinkled.com](http://deliciouslysprinkled.com)



# Strawberry Banana Yogurt Parfaits with Cheerios

## PROCEDURE

1. Spoon 1/4 cup of yogurt into the bottom of cup.
2. Top the yogurt with 4 bananas slices, 4 strawberry slices, and 2 tablespoons of cheerios.
3. Repeat the yogurt, banana, strawberry, and graham cracker layers.
4. Top with a tablespoon of fat-free whipped topping, if desired.
5. Serve the parfait immediately, or cover glass with plastic wrap and refrigerate for up to three days.

# Strawberry Banana Yogurt Parfaits with Cheerios

## PROCEDURE

1. Spoon 1/4 cup of yogurt into the bottom of cup.
2. Top the yogurt with 4 bananas slices, 4 strawberry slices, and 2 tablespoons of cheerios.
3. Repeat the yogurt, banana, strawberry, and graham cracker layers.
4. Top with a tablespoon of fat-free whipped topping, if desired.
5. Serve the parfait immediately, or cover glass with plastic wrap and refrigerate for up to three days.