

Kiwi Strawberry Parfait

(serves 2)

This parfait will be best served fresh.

Ingredients

2 kiwifruit, peeled and sliced
1 cup fresh (or thawed from frozen) strawberries, sliced
1 cup plain or vanilla yogurt
1/2 cup corn or bran flakes cereal



Directions

1. Wash hands with soap and water.
2. Gently rub fruit under cool running water.
3. Use 10-12 ounce clear glass or plastic glasses.
4. Layer kiwifruit, strawberries, yogurt, and cereal in glasses and serve.

Nutrition Facts per serving (calculated with 0% vanilla Greek yogurt and bran flakes):
210 calories, 1g fat, 100mg sodium, 41g carbohydrate, 4g fiber, 11g protein

Recipe from Eat.Move.Save. through Illinois Extension.