

YOGURT PEACH PARFAIT

Makes 4 Servings

Ingredients

2 cups yogurt (low-fat or fat-free, plain or vanilla) ½ cup blueberries (fresh)
1 cup banana (sliced) ½ cup peaches (fresh, sliced)
1 cup granola

Directions

1. Line up 4 parfait or other tall glasses.
2. Spoon about ¼ cup of yogurt into each glass. Top with about ¼ cup of fruit.
3. Repeat.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process for the remaining glasses.

Nutrition Facts: Serving size 1 cup, Calories 229, Total Fat 4g, Sodium 146mg, Total Carbohydrate 42g, Dietary Fiber 3g, Protein 9g

What to look for

- Choose peaches with a strong, sweet smell and a yellowish golden background color. A red blush does not necessarily mean the fruit is ripe.
- Peaches should be firm, or “give” slightly at time of purchase.
- Do not buy green, brownish, or wrinkled peaches.
- Avoid very soft, overripe fruit and those with large flattened bruises or other signs of decay.

How to store

- Treat peaches gently to avoid bruising.
- If peaches need to ripen, place them in a loosely closed paper bag at room temperature or at a temperature above 51°F. Check daily.
- When ripe, wash peaches in running water, and if desired, gently rub off “fuzz.” Store in the refrigerator in a plastic bag. Ripe peaches will keep 3 to 5 days in the refrigerator.
- Peaches should be served at room temperature for best flavor.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.