



Mini Apple Yogurt Parfait

4 servings

Ingredients

- 1 cup Dannon® Plain Lowfat Yogurt
- 1 large apple, cored and diced
- 1 cup bran flakes

Optional: ground cinnamon, ground flaxseeds, wheat germ or chia seeds may be mixed into the yogurt

Directions

In each glass, layer the following:
3 Tbsp. yogurt, $\frac{1}{4}$ cup bran flakes and $\frac{1}{4}$ cup apples. Top each parfait with 1 Tbsp. of yogurt. Sprinkle with ground cinnamon, if desired.

Nutrition Facts: Serving Size (122g), Servings per Container 4, **Calories** 100, Calories from Fat 10, **Total Fat** 1g (2% DV), Saturated Fat 0.5g (3% DV), Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, **Cholesterol** 5mg (2% DV), **Sodium** 90mg (4% DV), **Total Carbohydrate** 20g (7% DV), Dietary Fiber 3g (12% DV), Sugars 12g, **Protein** 4g, Vitamin A 6%, Vitamin C 6%, Calcium 10%, Iron 15%. Percent Daily Values are based on a 2,000 calorie diet.



Did you know?

Yogurt can often contain **3 out of the 4 nutrients of concern**: calcium, vitamin D and potassium

Yogurt pairs well with other **nutrient dense foods**, including fruits, vegetables and whole grains

Live cultures in yogurt may help with lactose digestion for individuals who have difficulty digesting lactose

Swaps with Yogurt

Ingredient	Swap
1 cup sour cream	1 cup Dannon® Plain Lowfat Yogurt
1 cup buttermilk (whole)	$\frac{2}{3}$ cup Dannon® Plain Nonfat Yogurt plus $\frac{1}{3}$ cup milk
1 cup mayonnaise	1 cup Dannon® Plain Nonfat Yogurt
1 cup cream cheese	1 cup Dannon® Plain Nonfat Yogurt

Note: Dannon® products featured meet the Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check with your state/local WIC program regarding eligibility.

