SHOPPING LIST

Tropical Yogurt Parfaits

- ◯ Banana
- ◯ Kiwi
- ◯ Pineapple
- ◯ Cantaloupe
- ◯ Papaya
- ◯ Greek Yogurt
- ◯ Shredded Coconut

First, check off the items you already have at home.

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Professor Fizzy presents

SNACKS

FIZZY'S LUNCH LAB

Tropical Yogurt Parfaits

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	less than 30 min.	Easy	

YOU WILL NEED

½ ripe banana, cut into small dice

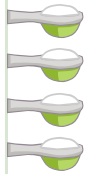
1 kiwi, cut into small dice

½ cup diced fresh or frozen pineapple

¼ cup diced cantaloupe, watermelon, or honeydew

¼ cup diced fresh or frozen papaya, mango, or peach

2 cups low fat Greek yogurt



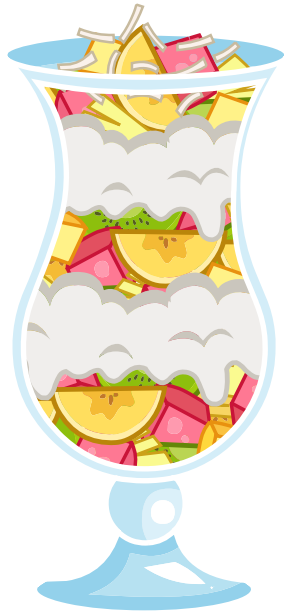
4 teaspoons unsweetened shredded coconut

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

If you can't find Greek yogurt, simply substitute regular, low-fat yogurt.

STEP 1: Place the fruit in a medium bowl and gently toss to combine. Spoon about 2 tablespoons of the fruit mixture into each of 4 tall glasses. Top the fruit with ¼ cup of yogurt. Repeat the process once more, finally topping the yogurt with the remaining fruit. Sprinkle the top of each parfait with 1 teaspoon of coconut. Serve.



Nutrition Facts

Serving Size 1 serving (188g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 6g	

Vitamin A 10%	• Vitamin C 60%
Calcium 15%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4