

# Yogurt “sundaes” just for kids!

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## Ingredients:

- 1 c. low-fat yogurt (plain or flavored)
- ½ c. granola
- 1 c. sliced strawberries
- 1 tbsp. maple syrup

## Directions:

1. Place ¼ of the yogurt in the bottom of the glass or parfait dish.
2. Top with one tbsp. of granola.
3. Top with a ¼ c. of the sliced strawberries.
4. Repeat the layers. Drizzle a ½ tbsp. of maple syrup over each yogurt parfait.

Recipe makes 2 sundaes.



Try topping your yogurt  
sundae with  
bananas, too!