



A Nutrition Resource

# MAKE-AHEAD BREAKFAST PARFAITS

**Yield:** 1 Servings | **Serving Size:** 2 1/4 cups  
**Cost/Serving:** \$1.75

## Ingredients:

- 6 ounces nonfat plain yogurt
- 1/3 cup old-fashioned oats, uncooked
- 2 Tablespoons nonfat milk
- 1 cup frozen mixed berries

## Directions:

- 1) In a bowl, combine yogurt, oats, and milk. Stir to combine.
- 2) Layer half of mixture in a wide-mouth mason jar or other glass container. Add half the berries, then layer in remaining yogurt mixture and berries.
- 3) Refrigerate overnight and up to 3 days. Enjoy cold.

**Variations:** Try other fruits, other types of yogurts, or adding nuts just before serving.

From: [www.iowagirleats.com](http://www.iowagirleats.com)

## Nutrition Facts

1 servings per container  
**Serving size** 2.25 cups (367g)

Amount per serving  
**Calories** **260**

	% Daily Value*
<b>Total Fat</b> 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrate</b> 49g	18%
Dietary Fiber 7g	25%
Total Sugars 26g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 409mg	30%
Iron 1mg	6%
Potassium 242mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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