

# Patriotic Parfaits



## Ingredients:

Dannon® *Light & Fit* Strawberry Greek Yogurt (mixed) **(RED)**  
2% Low-Fat Cottage Cheese **(WHITE)**  
Dannon® *Light & Fit* Vanilla Greek Yogurt **(WHITE)**  
Dannon® *Light & Fit* Blueberry Greek Yogurt (mixed) **(BLUE)**  
Fresh Raspberries **(RED)**  
Fresh Strawberries, thinly sliced **(RED)**  
Bananas, thinly sliced **(WHITE)**  
Fresh Blueberries **(BLUE)**  
Grape Nuts® Cereal color-break *Crunch!*  
Sliced Almonds

## Directions:

Make individual parfaits or one large if serving a group. Do your best to portion if you make one big parfait.

## Layers:

Raspberries and/or Strawberries  
Strawberry Yogurt  
Grape Nuts® w/ Sliced Almonds  
Cottage Cheese  
Vanilla Yogurt  
Bananas  
Grape Nuts® w/ Sliced Almonds  
Blueberries  
Blueberry Yogurt  
Grape Nuts® w/ Sliced Almonds

→ If you can't find Dannon® *Light & Fit* Greek Yogurt, look for a brand with the lowest sugar-carb count in the same flavors-colors.

→ If you can't find Grape Nuts® cereal, find any crunchy type cereal that you can that won't get too soggy when wet. Grape Nuts® are 4.25 grams carbs per 1 Tbsp.



## 2 Unit Portions:

1/4 cup cottage cheese  
3 oz. Greek yogurt  
1 cup any fresh fruit  
*-go easy on the bananas*  
1 Tbsp. Grape Nuts®  
1 Tbsp. sliced almonds

## 3 Unit Portions:

1/2 cup cottage cheese  
3 oz. Greek yogurt  
1 1/2 cup any fresh fruit  
*-go easy on the bananas*  
1 Tbsp. Grape Nuts®  
1 1/2 Tbsp. sliced almonds

## 4 Unit Portions:

3/4 cup cottage cheese  
4 oz. Greek yogurt  
2 cups any fresh fruit  
*-go easy on the bananas*  
1 1/2 Tbsp. Grape Nuts®  
2 Tbsp. sliced almonds

## 5 Unit Portions:

1 cup cottage cheese  
4 oz. Greek yogurt  
2 heaping cups any fresh fruit  
*-go easy on the bananas*  
2 Tbsp. Grape Nuts®  
2 1/2 Tbsp. sliced almonds