FRUIT AND YOGURT PARFAIT

INGREDIENTS
1 apple, chopped
1 banana, peeled and sliced
1 cup papaya, chopped
1 cup strawberries, sliced
1 cup nonfat yogurt, any flavor
1 cup WIC cereal

DIRECTIONS
In a large bowl, combine all fruit and toss. Divide fruit mixture into serving bowls. Top each bowl with \( \frac{1}{4} \) cup of yogurt and sprinkle with cereal.

SERVES 4

NUTRITIONAL INFORMATION (per serving)
CALORIES 164; FAT 1g; PROTEIN 4.4g; CHO 37g; FIBER 4g; CALCIUM 120mg; IRON 3mg; VITAMIN A (RE) 95mcg; VITAMIN C 50mg; FOLATE 69mcg

Recipe provided by Monica Castaneda, WIC participant