

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Incredible Edible Pyramid Parfait

### Ingredients:

- 6 tablespoons vanilla yogurt, divided
- 2 heaping tablespoons cereal, either flakes or nuggets
- 2 tablespoons frozen strawberries or crushed pineapple
- 1 teaspoon chopped peanuts
- 1 teaspoon mini-chocolate chips (optional)

### Directions:

1. Measure 2 tablespoons yogurt into an 8-ounce clear cup.
2. Sprinkle cereal on top.
3. Spread 2 more tablespoons yogurt on top.
4. Spread fruit on top.
5. Add 2 more tablespoons yogurt.
6. Top with chopped peanuts and chocolate chips.



Nutrition Facts	
Serving Size 1 parfait (127g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 16g	
<b>Protein</b> 6g	
Vitamin A 2%	Vitamin C 20%
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	

## Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Vanilla Yogurt .....	Dairy
Cereal .....	10
Strawberries Or Crushed Pineapple .....	5
Peanuts .....	2
Mini-chocolate Chips .....	11

Cooking With Carla is proudly sponsored by:

