Betty Crocker

Strawberry-Banana Parfaits

You're five ingredients and 10 minutes away from dipping into a deliciously layered dessert or snack of yogurt, fruit and high-fiber cereal.

2 containers (6 oz each) Yoplait® Original 99% Fat Free strawberry yogurt

2 cups Fiber One® Honey Clusters® cereal

1 cup sliced fresh strawberries

1 medium banana, thinly sliced

4 fresh strawberries

1. In each of 4 (10-oz) plastic cups or parfait glasses, layer 2 tablespoons yogurt, 1/4 cup cereal, 1/4 cup strawberry slices and 1/4 of the banana slices.
2. Top each with 2 tablespoons yogurt, 1/4 cup cereal and remaining yogurt. Garnish top of each parfait with whole strawberry.

Makes 4 servings

Nutrition Information:

1 Serving (1 Serving) Calories 230 (Calories from Fat 15),Total Fat 2g (Saturated Fat 1/2g, Trans Fat 0g),Cholesterol 5mg; Sodium 180mg; Total Carbohydrate 48g (Dietary Fiber 8g, Sugars 23g),Protein 5g;**Percent Daily Value*:**Calcium ;**Exchanges:** 1/2 Starch; 1 Fruit; 1 Other Carbohydrate; 1/2 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat; **Carbohydrate Choices:** 3; *Percent Daily Values are based on a 2,000 calorie diet.