



Munchy Peach Parfait

Ingredients:

1 cup canned peach slices or other canned fruit with juice, drained
1 cup vanilla 1% low-fat or fat-free yogurt
1/2 cup dry cereal (Can use any WIC cereal)

Directions:

1. Wash hands with warm water and soap.
2. Layer peaches or other canned fruit, yogurt, and cereal in a glass or cup.
3. Serve right away or cover and refrigerate until ready to eat.

Nutrition Facts (Per Serving)

Calories, 190; Carbohydrate, 40 g; Protein, 8 g; Total Fat, 0 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 3 mg; Fiber, 2 g; Total Sugars, 33 g; Sodium, 142 mg; Calcium, 261 mg; Folate, 72 mcg; Iron, 3 mg; Percent of Calories from Fat, 0%.

Makes 2 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>