



STRAWBERRY BANANA PARFAIT

SERVES
1

INGREDIENTS

- $\frac{3}{4}$ cup (175 mL) strawberry yogurt
- $\frac{1}{4}$ cup (60 mL) strawberries, sliced
- $\frac{1}{2}$ banana, sliced
- $\frac{1}{4}$ cup (60 mL) granola
- 2 tbsp (30 mL) peanuts, chopped

DIRECTIONS

1. Place the ingredients in a jar in the following order: yogurt, strawberries, banana, granola and peanuts.