Wellness-Fitness
FEDERAL OCCUPATIONAL HEALTH

Breakfast Parfait

Ingredients:

- 1/2 cup sliced strawberries
- 1 medium sliced banana
- ½ cup greek yogurt
- 1 oz granola or pecan pieces

Directions: Mix together and enjoy.

Shared by: Kathryn B.Chandler

Registered Dietician Notes:

Calories: 312
Protein: 14 g
Carbohydrates: 39 g
Fat: 13 g
Sat Fat: 2.7 g