

# Dairy Makes Sense



***Low-fat yogurt*** is a tasty way to help keep bones and teeth strong!

[dairymakesense.com](http://dairymakesense.com)



# Crunchy Peanut Butter Banana Parfait

Servings: 4

Prep time: 10 minutes

## Ingredients:

- 4 cups fat-free plain Greek yogurt
- 4 tablespoons creamy peanut butter
- 6 tablespoons chopped nuts
- 16 pretzel twists, crumbled  
(about 2 tablespoons)
- 4 small bananas, sliced



## Directions:

1. In a small bowl, mix yogurt and peanut butter.
2. In another bowl, mix nuts and crumbled pretzels.
3. In a tall glass or small bowl, layer  $\frac{1}{2}$  cup yogurt, half of the banana slices and 2 tablespoons of the nut/pretzel mixture.
4. Repeat layers. Serve.

Nutrition Facts Per Serving: Calories: 430 Total Fat: 17g Saturated fat: 3g  
Cholesterol: 10 mg Sodium: 320 mg Carbohydrates: 42 g Dietary Fiber: 5 g  
Protein: 32 g Calcium: 25% Daily Value

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