

# *Peanut Butter & Banana* **YOGURT PARFAIT**

Here's an easy, quick, filling, and healthy snack.  
What's not to like about that?

## **INGREDIENTS**

- 1 ripe banana
- ⅛ teaspoon ground cinnamon
- 1 tablespoon natural peanut butter
- ¼ cup low-fat plain Greek-style strained yogurt
- 1 tablespoon unsalted roasted peanuts

## **DIRECTIONS**

Slice 1 banana; place half the slices in a small bowl or jar. Sprinkle with ⅛ teaspoon cinnamon; mash with the back of a fork. Top with 1 tablespoon peanut butter; layer on ¼ cup yogurt. Top with the remaining banana slices and 1 tablespoon peanuts.



## **NUTRITION FACTS**

Serving Size: ¾ cup | Total servings: 1  
Per Serving: 301 calories, 35g carbohydrates,  
5g fiber, 18g sugars, 13g protein, 14g total  
fat, 3g saturated fat, 6mg cholesterol



**Wisconsin Athletic Club**

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