



# Power Breakfast Parfait

Shine **365**  
Marshfield Clinic

**SERVINGS:** 4

## INGREDIENTS

- 1 medium ripe banana
- 2 cups plain Greek yogurt, divided
- 1 teaspoon ground cinnamon
- 2 cups whole strawberries, hulled and quartered
- ½ cup Grape Nuts cereal
- ½ teaspoon vanilla extract (optional)

## INSTRUCTIONS

Add banana, 1 cup yogurt and cinnamon to a blender and blend until smooth. Pour into four dishes. Top each parfait with ½ cup of strawberries, ¼ cup of yogurt and 2 tablespoons of cereal.

## NUTRITION INFORMATION

Each serving has 175 calories, 20 g carbohydrates, 3.5 g fat, 6 g protein and 2.5 g fiber.