

## Dessert

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# Peanut Butter Parfaits

www.peanutbutter.com

**Servings: 4**

**Start to Finish Time: 15 minutes**

**1 1/4 cups low-fat plain yogurt**

**1/2 cup Skippy super chunk or creamy peanut butter**

**2 tablespoons honey**

**1 cup crunchy granola cereal**

**1 medium banana, sliced**

**1 cup strawberries, sliced**

In a medium bowl, combine the yogurt, peanut butter and honey.

Into four parfait glasses, spoon 1/2 of the peanut butter mixture.

Top each with two tablespoons of granola. Spread 1/2 of the fruit.

Repeat the layers.

Garnish, if desired, with mint.

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Per Serving (excluding unknown items): 70 Calories; trace Fat (3.1% calories from fat); 1g Protein; 18g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.