



## Strawberry Banana Yogurt Parfait

### Ingredients

- 1 cup plain Greek yogurt
- ½ cup fresh strawberries, sliced
- ½ banana, sliced

### Instructions

1. Cut the stem off the top of the strawberry. Slice strawberry.
2. Peel the banana. Cut the banana in half and then slice.
3. Layer a cup with 1/3 cup yogurt. Add the sliced banana.
4. Add another 1/3 cup yogurt. Add the sliced strawberry.
5. Top with the remaining 1/3 cup yogurt.
6. Garnish with banana and strawberry slice.



## Orange Strawberry Banana Smoothie

### Ingredients

- 1 cup frozen strawberries
- 1 ripe banana
- 1 medium orange, peeled
- ¾ cup low-fat milk

### Instructions

1. Add all ingredients to a blender and blend on high until smooth.