



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Layered Yogurt



Serves: 1

Serving Size: 1 layered yogurt
cup

Ingredients:

- 1 cup nonfat light vanilla yogurt
- 1 Tablespoon peanut butter (creamy or crunchy)
- 4 pretzel twists, crumbled
- ½ banana, sliced

Directions:

1. Wash hands.
2. In a small bowl, mix yogurt and peanut butter.
3. In a small cup, put yogurt mixture on bottom, top with banana slices and pretzels.
4. Serve immediately.

Nutrition Facts

1 servings per recipe

Serving size 1 yogurt cup (308g)

Amount Per Serving

Calories **390**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 390mg	17%
Total Carbohydrate 62g	23%
Dietary Fiber 3g	11%
Total Sugars 48g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 585mg	45%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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