



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Yogurt Parfait

Serves 1

Ingredients:

½ cup plain Greek yogurt
¼ cup dry rolled oats
1 large banana (sliced)
½ cup strawberries (sliced)
1 TBSP sliced almonds
Optional: Sprinkle of cinnamon

Directions:

1. Place fruit, yogurt, oats, and sliced almonds in a bowl. Sprinkle cinnamon on top.



Nutrition Tips:

1. This yogurt parfait is an excellent post-workout fuel, as it provides a 3.7:1 ratio of carbohydrates to protein. Greek yogurt provides more protein per serving than regular yogurts. Bonus: This recipe only contains 5 ingredients.
2. Yogurt has natural sugar from lactose. However, many yogurts are also filled with added sugars and syrups. Try plain yogurt with fresh fruit and ¼ cup oats or granola for more natural sweetness, vitamins, minerals, and fiber keep you feeling full for longer.

Nutrition Facts:

59 g carbohydrates
16 g protein
3.7:1 ratio of carbohydrates to protein

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.