



Breakfast Parfait

Makes: up to 6 servings (1 cup per serving)

Preparation Time: 7 to 10 minutes

Ingredients

2 cups of chopped fresh fruit or 1 (15 ounce) can of fruit packed in juice

2 cups flavored yogurt (any flavor)

2 cups *Cranberry Pecan Granola* (prepare granola ahead of time using the recipe from the *Eating Smart • Being Active Let's Cook!* cookbook)

Directions

1. If using fresh fruit, wash it first.
2. Collect, chop, and measure all ingredients before starting to prepare the recipe.
3. Just before eating, layer in a glass or cup: $\frac{1}{3}$ cup fruit, $\frac{1}{3}$ cup yogurt, $\frac{1}{3}$ cup granola.*
4. Refrigerate remaining yogurt and fruit within 2 hours, and eat within 3 to 5 days.
5. Store granola in a sealed container at room temperature, and eat within 1 week.

Be creative! Replace the granola with your favorite whole grain cereal.

* Make parfait just before eating, or granola will become soggy.

Nutrition Facts

6 servings per container

Serving size 1 Cup (204g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol < 5mg 1%

Sodium 60mg 3%

Total Carbohydrate 38g 14%

Dietary Fiber 2g 7%

Total Sugars 24g

Includes 7g Added Sugars 14%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 162mg 10%

Iron 1mg 6%

Potassium 318mg 6%

*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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