

Let's taste it! Plan, Shop, Pack List: Breakfast Parfait

Ingredients

- 1 apple
 - 2 Tbsp. honey
 - Vegetable oil
 - Vanilla extract
 - Cinnamon
 - Salt
 - 4 cups uncooked rolled oats (oatmeal)
 - 2 ½ cups yogurt
 - 2 cups of any fresh or canned fruit (specify below)
-

Disposable Supplies

- Napkins
- Plastic spoons for each student (1 for each student)
- 4 oz. clear plastic cups for each student
- Snack-sized plastic bags for each student

Note: This recipe makes 12 servings. You may need to increase the amount of ingredients you buy for larger classes.

Prepare before class

- Prepare the Granola recipe.
 - Measure 2 Tbsp of granola into individualized snack-sized plastic bags for each student.
 - Dice up fruit and store in a large container. (Each student will be served 2 Tbsp of fruit on their yogurt parfait during class.)
- Pack recipe tasting materials:
- Serving tray
 - Yogurt
 - Fruit
 - Granola snack bags

Equipment

- 2 large mixing spoons

Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

Let's taste it! Plan, Shop, Pack List: Breakfast Parfait

Educator: _____
Group Name: _____
of participants in group: _____ Date of lesson: _____
Notes: _____
