BREAKFAST PARFAIT

**PREP TIME:**
7 to 10 minutes

**SERVES:**
up to 6 servings
(1 cup per serving)

**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)

**STEPS:**
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: ⅓ cup fruit, ⅓ cup yogurt, ⅓ 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.

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

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

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size 1 Cup (204g)</th>
<th>6 servings per container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>240</td>
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**Amount Per Serving**

| Calories | 240 |

**Nutrient Content:**
- **Total Fat:** 6g
- **Saturated Fat:** 1g
- **Cholesterol:** < 5mg
- **Sodium:** 60mg
- **Total Carbohydrate:** 38g
- **Dietary Fiber:** 2g
- **Total Sugars:** 24g
- **Vitamin D:** 0mcg
- **Calcium:** 162mg
- **Iron:** 1mg
- **Potassium:** 318mg

* The % Daily Value (%DV) tells you how much a nutrient is 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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- 2 cups Cranberry Pecan Granola (prepare granola ahead of time using the recipe from the Eating Smart • Being Active Let’s Cook! cookbook)

**STEPS:**
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: ¼ cup fruit, ¼ cup yogurt, ¼ 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.

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