

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: $\frac{1}{3}$ 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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