

## **BREAKFAST PARFAIT**

Yield: 6 Servings | Serving Size: 1 cup

Cost/Serving: \$0.87

## **Ingredients:**

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

2 1/2 cups flavored yogurt, any flavor 2 cups Cranberry Pecan Granola (or other homemade or store-bought granola)

## **Directions:**

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

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

**Notes:** Be creative! Replace granola with your favorite whole grain cereal.

## **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 Sug	ars 14%
Protein 6g	12%
Vitamin D 0mcg	0%

<sup>\*</sup>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.

Calcium 162mg

Potassium 318mg

Iron 1mg



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