



# 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.
- 2) 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. \*
- 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.

**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\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 24g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 162mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 318mg	<b>6%</b>

\*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.



*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*