



Fruit & Yogurt Parfaits

Makes 12 Child Sized Portions

Preparation time: 5 minutes

Cooking time: 0 minutes

Common allergens: nuts, wheat, dairy

Equipment List

- Small bowl
- Knife
- Cutting board
- Spoon
- Measuring cups and spoons
- Small clear glasses for serving

Nutrition Information

Calories	57 calories
Total Fat	0.4 g
Saturated Fat	0.1 g
Sodium	25 mg
Carbohydrate	10.4 g
Fibre	1.5 g
Sugar	7.5 g
Protein	1.9 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Non-fat or low-fat vanilla yogurt	2 cups	500 mL
Fresh or frozen berries or other fruit: Blueberries, strawberries, raspberries or other available varieties		
Bananas, canned peaches, pineapple, pears other available fruit	3 cups	750 mL
Granola, dry cereal or nuts (optional)	1 cup	250 mL

Instructions

1. In a small clear glass place 2 tbsp. (30 mL) of berries.
2. Top with 2 tbsp. (30 mL) of yogurt.
3. Repeat layers of berries and yogurt until glass is full.
4. Refrigerate until ready to serve.
5. If you wish, top with ¼ cup (60 mL) granola, dry cereal or nuts to add some crunch.

Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks