

Breakfast Parfait

Makes: 6 (1 cup) servings
 Preparation Time: 10 minutes

Ingredients

2 cups granola (see granola recipe from Grain lesson)
 2½ cups yogurt (any flavor)
 2 cups of any fresh or canned fruit

Directions

1. Layer in a glass or cup: 1/3 cup granola, 1/3 cup yogurt, 1/3 cup fruit.
2. Top with a spoonful of yogurt.
3. Refrigerate leftovers.

Be Creative!

Replace granola with your favorite whole grain cereal.

Nutrition Facts

Serving Size 1 cup (254g)
 Servings Per Container 6

Amount Per Serving

Calories 350 **Calories from Fat** 60

% Daily Value*

Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 61g	20%
Dietary Fiber 7g	28%
Sugars 19g	
Protein 11g	

Eat Smart: Focus on Fruit!



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