Breakfast Parfait
Makes 12 – half cup servings

Ingredients:
3 cups chopped apple or other fruit (fresh, canned or frozen)  
(approx. 3 medium apples)  
2 cups low-fat yogurt, plain or vanilla  
1½ cups low-fat granola or your favorite whole grain cereal

Directions:
1. Drain canned fruit; thaw frozen fruit.
2. Cut fruit into bite size pieces.
3. Place ¼ cup fruit in bottom of cup or bowl.
4. Spoon 2-3 tablespoons yogurt on top of the fruit.
5. Spoon 2 tablespoons cereal on top of the yogurt.

Fruit ideas: Apple, banana, or fresh, canned or frozen peaches, pineapple, strawberries, blueberries, etc.

Cereal ideas: Low-fat granola or a whole grain cereal with flakes and clusters. If use granola, use plain yogurt since granola is usually very sweet

Source: Adapted from Choose Health, Fun and Fitness, California EFNEP and Colorado EFNEP, 2007

Nutrition Facts
12 servings per container
Serving size 1/2 cup (87g)
Amount per serving
Calories 100
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 50mg 2%
Total Carbohydrate 18g 7%
Dietary Fiber 1g 4%
Total Sugars 11g
Includes 0g Added Sugars 0%
Protein 5g

Vitamin D 1mcg 6%
Calcium 49mg 4%
Iron 1mg 6%
Potassium 113mg 2%

*The % Daily Value 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.

18% calories from fat

Fresh chopped apples; low-fat greek vanilla yogurt; low-fat granola without raisins