



## Breakfast Parfait

Makes: 6 (1 cup) servings

Preparation Time: 10 minutes

### *Ingredients*

2 cups granola (see granola recipe from Grain lesson)

2 ½ 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