



Fruit and Yogurt Parfait

Enjoy this fun and healthy recipe brought to you by The Early Childhood Team



SERVINGS
1 Parfait



TIME
10 Minutes



DIFFICULTY
Easy



CALORIES
338 kcal

INGREDIENTS

1/2 cup - Plain Whole Milk Yogurt

1/4 cup - Fruit (such as fresh or frozen and thawed berries, diced mango, applesauce, roasted apples, or chia jam)

1 tablespoon - Hemp Seeds (or chia seeds or shredded unsweetened coconut)

1/4 cup - Crunchy Topper (such as granola, mini animal crackers, dry cereal, or broken up graham crackers)

DIRECTIONS

1. Place half of the yogurt into a small container or bowl.
2. Top with fruit.
3. Top with the rest of the yogurt.
4. Add an even layer of seeds on top of the yogurt, if using.
5. Finish with the crunchy topping.
6. Serve or store in the fridge. (If you plan to store them for more than 4 hours, put the crunchy topping in a separate container and simply add it to the rest of the ingredients when ready to serve.)

NOTES

You can use regular or Greek yogurt in this recipe.

Serving: 1g. | Calories: 338kcal