



Build Strong Bones



EFNEP

Expanded Food and Nutrition Education Program

Breakfast Parfait

Makes: 6 (1 cup) servings

Preparation Time: 10 minutes

Ingredients

- 2 cups granola (see page 25)
- 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.

Eat Smart: Focus on Fruit!

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

