

YOGURT PARFAIT

Hands-on Time: 10 minutes • Total Time: 10 minutes • Makes: 1 serving

What You Need:

Short glass

Spoon

Measuring cups

Ingredients:

1 cup plain full-fat Greek yogurt

1 cup fresh berries or chopped fruit (your choice of blueberries, raspberries, apple, peach)

Mixed nuts

Dried fruit

Plate Model



How to Make:

1. Put a layer of yogurt in a glass.
2. Add a layer of berries or fruit.
3. Add another layer of yogurt.
4. Add a layer of mixed nuts and dried fruit.
5. Repeat the layers until you have used up all of the ingredients.

Enjoy as a balanced breakfast!