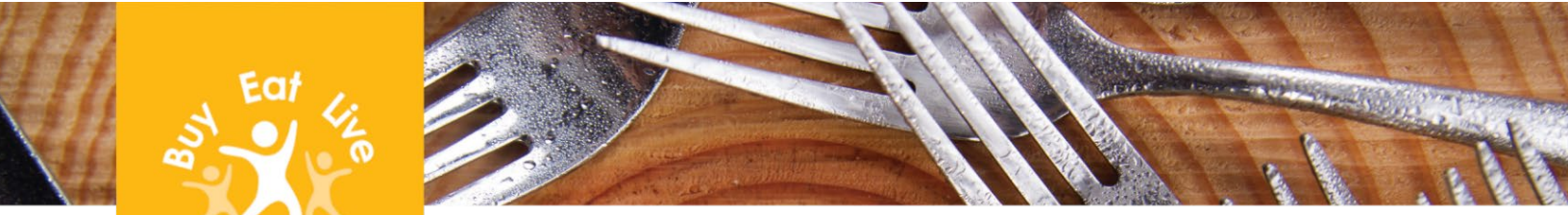

A Nutrition Resource

BREAKFAST PARFAIT

Yield: 6 Servings | Serving Size: 1 cup
Cost/Serving: $0.87

Ingredients:

2 cups chopped fresh or 1 (15-ounce) can of fruit packed in juice
2 1/2 cups flavored yogurt, any flavor
2 cups Cranberry Pecan Granola (or other homemade or store-bought granola)

Directions:

1) If using fresh fruit, wash it first.
2) Collect, chop, and measure all ingredients before starting to prepare the recipe.
3) Just before eating, layer in a glass cup: 1/3 cup fruit, 1/3 cup yogurt, 1/3 cup granola. *
4) Refrigerate remaining yogurt and fruit within 2 hours and eat within 3 to 5 days.
5) Store granola in a sealed container at room temperature and eat within 1 week.

*Make parfait just before eating, or granola will become soggy.

Notes: Be creative! Replace granola with your favorite whole grain cereal.

Nutrition Facts

6 servings per container

Serving size	**1 Cup (204g)**
Amount Per Serving	
Calories	**240**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol < 5mg	**1%**
Sodium 60mg	**3%**
Total Carbohydrate 38g	**14%**
Dietary Fiber 2g	**7%**
Total Sugars 24g	
Includes 7g Added Sugars	**14%**
Protein 6g	**12%**
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 1mg	6%
Potassium 318mg	6%

*The % Daily Value (DV) 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.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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