

Let's cook! Plan, Shop, Pack List: Breakfast Parfait

Ingredients

- Fresh fruit (2 cups chopped used in recipe) or 1 (15 ounce) can fruit packed in juice
- 2 cups (any flavor) yogurt
- 2 cups *Cranberry Pecan Granola*
 - Nonstick cooking spray
 - 3 cups rolled oats
 - 1 cup chopped pecans
 - 1/3 cup maple syrup
 - 1/4 cup vegetable oil
 - 1 tablespoon ground cinnamon
 - 2 teaspoons vanilla extract
 - 1 cup dried cranberries

Disposable Supplies

- 3 ounce cups
- Plastic spoons
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Make the *Cranberry Pecan Granola*.
- Wash the fruit (if using fresh fruit).
- Wash the top of the canned fruit (if using canned fruit).
- Print copies of the *Cranberry Pecan Granola* and *Breakfast Parfait* recipes (1 of each recipe for each participant).

Equipment

- 1 cutting mat
- 1 chef's/utility knife
- 1 can opener (if using canned fruit)
- 1 colander (if using canned fruit)
- 1 large bowl (if using canned fruit)
- 1 medium bowl
- 1 small bowl
- 1 set of measuring cups (if using fresh fruit)
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
