



EATING SMART
BEING ACTIVE

Breakfast Parfait

Makes: up to 6 servings (1 cup per serving)

Preparation Time: 7 to 10 minutes

Ingredients

2 cups of chopped fresh fruit or 1 (15 ounce) can of fruit packed in juice

2 cups flavored yogurt (any flavor)

2 cups *Cranberry Pecan Granola* (prepare granola ahead of time using the recipe from the *Eating Smart • Being Active Let's Cook!* cookbook)

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 or cup: $\frac{1}{3}$ cup fruit, $\frac{1}{3}$ cup yogurt, $\frac{1}{3}$ 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.

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

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

Nutrition Facts	
6 servings per container	
Serving size	1 Cup (204g)
Amount Per Serving	
Calories	240
<small>% Daily Value*</small>	
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%
<small>*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.</small>	



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



EFNEP
COLORADO STATE UNIVERSITY
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

Plan, Shop, \$ave