



# Fruit Parfait

Prep time: 5 minutes | Cooking time: 0 minutes | Number of servings: 1

- ¼ cup whole grain crunchy cereal or low-fat granola
- ½ cup low fat vanilla yogurt
- ¼ cup each of two different seasonal fruits, chopped (fresh, frozen, or canned)

## Directions

1. In a clear glass, layer the cereal, yogurt, and fruit.
2. Serve or refrigerate immediately.



### Food Sense Tip

- Try this as an after school or a school party snack. Parfaits are a great way to cut back on sugar and get more calcium. Be creative and try new fruits to add color.

**Nutrition Facts** (Serving size 1 parfait): Calories-210; Protein-9g; Carbohydrate-40g; Total Fat-2.5g; Saturated Fat-1g; Fiber-4g; Sodium-230mg; Vitamin C-10%; Vitamin A-15%; Iron-60%; Calcium-20%

*Adapted from Washington State University Extension Food Sense*

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## Cook Together! Making Fruit Parfaits with Family Members

Invite others to help prepare meals or recipes. Let everyone layer his or her own parfait. This can be a great time-saving bonus for the main cook.

- Easy Tasks:**
  - Gather ingredients and equipment.
  - Wash fruits when fresh.
  - Peel fruit—like bananas.
  - Drain fruit if canned.
  - Line up each food in order for layering.
- Intermediate Tasks:**
  - Open packages and containers—like cans if using canned fruit.
  - Measure each food.
  - Layer each food in clear glass cup or container.
- Difficult Tasks:**
  - None

*This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.*



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