

RED BERRY YOGURT PARFAIT

Type of Dish: breakfast entrée

SERVING SIZE: 1 parfait

YIELD: 10 parfaits

MEAL PATTERN CONTRIBUTION: 1 oz eq grain, 1 oz eq m/ma, 1c. fruit

Ingredients and Instructions

Yogurt, lo fat, vanilla	5 cups
Strawberries, sliced (fresh or frozen)	5 cups
Raspberries (fresh or frozen)	5 cups
Granola	2 ½ cups

Assembly:

1. Portion ¼ cup of granola into cups, set aside
2. Mix raspberries and strawberries together
3. In a cup place ½ yogurt and then 1 cup of berries. Place lid on cup and offer with the ¼ cup of granola.