



HEALTHY OPTIONS® RECIPE

BERRY YOGURT PARFAITS

Get you kids in the kitchen to mix up this Berry Yogurt Parfait for breakfast or as a yummy snack!

Ingredients:

- 2 cups plain Greek yogurt, nonfat
- 2 cups of fresh or thawed berries, washed and chopped (strawberries, blackberries or blueberries)
- 1 cup whole wheat graham crackers, crushed
- 2 Tbsp. honey

Directions:

1. Set out all ingredients in separate bowls and let your kids' creativity flow.
2. Layer each ingredient into mini serving bowls or cups: 1/2 cup yogurt, 1/2 cup fresh fruit, sprinkle of graham crackers or granola and drizzle of honey.

Note: Swap in any of your favorite fruits like oranges, bananas, apples, or peaches.

TOTAL TIME: 5 MINUTES

YIELD: 4 SERVINGS

NUTRITION: 130 CALORIES

12G PROTEIN

