

Fruit & Yogurt Parfait

A fruit and yogurt parfait is a great nutritional snack for students! **Yogurt** is a good source of bone-building calcium, protein, and probiotics known to improve intestinal health. **Granola** is an excellent source of fiber proven to lower cholesterol and may even help with weight loss. Most **fruit** is very high in Vitamin C needed to boost your immune system, as well as provide electrolytes and antioxidants.



Recipe (5 servings):

1 ½ cups blueberries

1 ½ cups granola

3 cups (24 oz) low-fat vanilla yogurt

Step 1. Measure out 1/2 cup of yogurt from the container and place it into an individual cup.

Step 2. Measure out 1/4 cup of granola and place into cup onto the Greek yogurt.

Step 3. Finally, add ¼ cup of blueberries on top of the granola.



Depending on what season it is, the fruits in your parfait can change! Here is a list of fruits and what season you will find them in:

Spring:

Pineapple
Strawberries

Winter:

Tangerines
Kiwi
Guava
Grapefruit

Summer:

Nectarines
Blackberries
Watermelon
Plums
Grapes
Peaches
Cantaloupe
Honeydew
Apricots