

# BERRY BREAKFAST PARFAIT

## PLAN IT!

Plan your meals ahead of time to save time and money.

Food I already have in my pantry to prepare this recipe:

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Food I need to purchase to prepare this recipe:

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## TIPS

- Put extra fruit in ziplock bags and eat as a snack
- Use different fruit to add variety to the recipe
- Recipe can be adjusted to the season

## PREPARE IT!

Serves: 5-6    Prep. Time: 10 min

### Ingredients

- 32 oz plain, vanilla, or Greek yogurt
- 1 1/2 cup strawberries
- 1 1/2 cup raspberries
- 1 1/2 c. blueberries
- 4-5 c. granola

### Instructions

1. Layer 1/4 - 1/3 c. of mixed berries in the bottom of each cup.
2. Next spoon about 1/4 - 1/3 c. of yogurt on top of the berries.
3. Continue layering until the cup is as full as you would like (with yogurt being the top layer).
4. Fill a snack-sized Ziploc bag with granola and seal (one for each cup).
5. Cover each cup tightly with plastic wrap and seal with rubber band.
6. Place a granola bag on each cup along with a plastic spoon.
7. Place in refrigerator for up to 5 days.

## ENJOY IT!

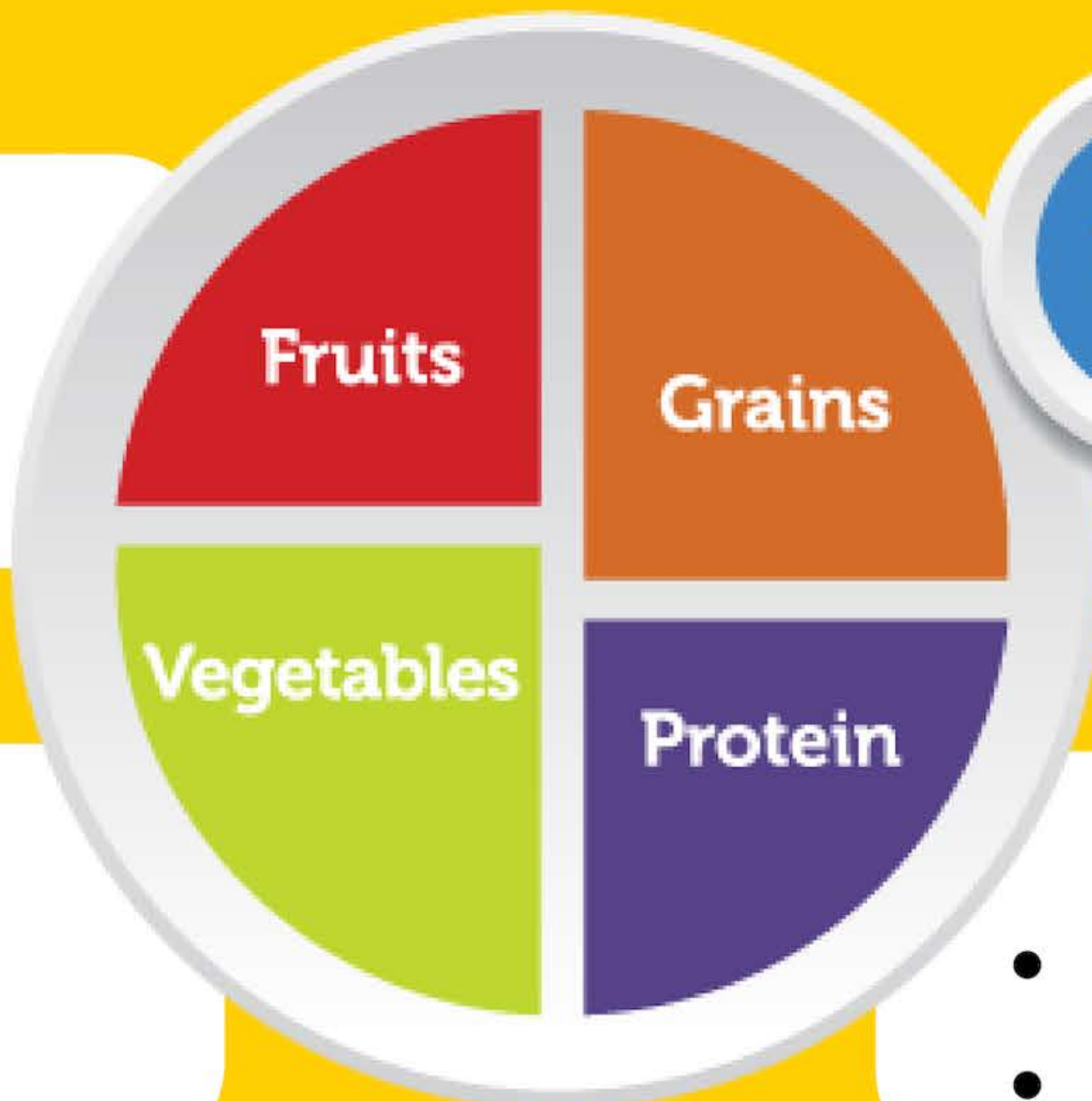
Use MyPlate to complete your meal. Fill in the blanks with foods of your choice.

### Fruits

- Grapes
- \_\_\_\_\_

### Vegetables

- Carrots
- \_\_\_\_\_



Dairy  
Milk  
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### Grains

Whole grain toast  
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### Protein

- Breakfast sausage
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