



GRAPE AND YOGURT PARFAIT

May 27

National Grape Day

INGREDIENTS

- 2 Cups Green Grapes
- 2 Cups Red Grapes
- 6 Cups Vanilla Yogurt
(23 grams or less of sugar per 6 ounces)
- 1½ Cups Granola
(6 grams or less of sugar per dry ounce)

DIRECTIONS

1. Place 1 cup yogurt at the bottom of a cup or bowl.
2. Top with ⅔ cup of grapes and ¼ cup of granola.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

6 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Parfait	1 Parfait	1 Parfait	2 Parfaits