



STRAWBERRY PARFAIT

June 25

National Strawberry Parfait Day

INGREDIENTS

- 1 Cup Plain Greek Yogurt (no more than 12 grams of added sugars per 6 ounces)
- 1 Tablespoon Honey
- 1 Cup Strawberries
- 1 Cup Granola
(6 grams of sugar per dry ounce or less)

DIRECTIONS

1. Chop up strawberries into small pieces.
2. Thoroughly mix plain Greek yogurt with honey.
3. Assemble parfait by layering yogurt, granola and fruit.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

2 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt ⅛ Cup Granola ½ Cup Berries	¼ Cup Yogurt ⅛ Cup Granola ½ Cup Berries	½ Cup Yogurt ¼ Cup Granola ¾ Cup Berries	½ Cup Yogurt ¼ Cup Granola ½ Cup Berries