**Fruit Parfait**

**Prep time:** 5 minutes  |  **Cooking time:** 0 minutes  |  **Number of servings:** 1

¼ cup whole grain crunchy cereal or low-fat granola
½ cup low fat vanilla yogurt
¼ cup each of two different seasonal fruits, chopped (fresh, frozen, or canned)

**Directions**

1. In a clear glass, layer the cereal, yogurt, and fruit.
2. Serve or refrigerate immediately.

**Food Sense Tip**

- Try this as an after school or a school party snack. Parfaits are a great way to cut back on sugar and get more calcium. Be creative and try new fruits to add color.

**Nutrition Facts** (Serving size 1 parfait): Calories–210; Protein–9g; Carbohydrate–40g; Total Fat–2.5g; Saturated Fat–1g; Fiber–4g; Sodium–230mg; Vitamin C–10%; Vitamin A–15%; Iron–60%; Calcium–20%

*Adapted from Washington State University Extension Food Sense*
Cook Together! Making Fruit Parfaits with Family Members

Invite others to help prepare meals or recipes. Let everyone layer his or her own parfait. This can be a great time-saving bonus for the main cook.

**Easy Tasks:**
- Gather ingredients and equipment.
- Wash fruits when fresh.
- Peel fruit—like bananas.
- Drain fruit if canned.
- Line up each food in order for layering.

**Intermediate Tasks:**
- Open packages and containers—like cans if using canned fruit.
- Measure each food.
- Layer each food in clear glass cup or container.

**Difficult Tasks:**
- None