

Yogurt Parfait

Ingredients

Multigrain Cheerios [®]	17 cups	4.25 L
Yogurt, plain 2% MF	12.5 cups	3.13 L
Yogurt, raspberry 2% MF	12.5 cups	3.13 L
Frozen mixed berries, thawed	12 cups	3 L

Directions

1. Place $\frac{1}{3}$ cup (80 mL) of cereal in the bottom of 50 parfait cups or small bowls.
2. Mix plain and raspberry yogurts together.
3. Top cereal with $\frac{1}{2}$ cup (125 mL) of yogurt mixture.
4. Top yogurt with $\frac{1}{4}$ cup (60 mL) of mixed fruit.
5. Serve 1 parfait cup for each child.

Makes 50 parfaits (164g).

Nutrition Facts	
Per 1 parfait cup (164 g)	
Amount	% Daily Value
Calories 140	
Fat 2 g	2 %
Saturated 1 g + Trans 0 g	0 %
Cholesterol 5 mg	
Sodium 150 mg	0 %
Carbohydrate 24 g	4 %
Fibre 2 g	8 %
Sugars 16 g	
Protein 7 g	
Vitamin A 10 %	Vitamin C 20 %
Calcium 21 %	Iron 46 %

Nutrient Claim	Amount per Serving
Low in fat	2 g
Source of fibre	2 g
High in calcium	265 mg
Very high in iron	6.4 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/2
Grain Products	1/3
Milk and Alternatives	2/3
Meat and Alternatives	0

Alberta Nutrition Guidelines Category

Choose Most Often
(Mixed dish)



Recipe Tips

- Use fruits in season such as cut up apples with cinnamon or sliced bananas and strawberries.
- Have children choose their own fruit to make a custom parfait.
- Add your favourite high fibre cereal instead of Multigrain Cheerios®.
- Try strawberry or vanilla yogurt in place of raspberry.