

### Mixed Berry Yogurt Parfait

Serving size: 1 parfait | Servings: 1

#### Ingredients

Vanilla low-fat yogurt	¾ cup
Granola	¼ cup
Fresh raspberries	3 Tbsp
Fresh blueberries	2 Tbsp, 1 tsp
Fresh strawberries, quartered	2 Tbsp, 1 tsp

#### Cooking Equipment

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Spoon or Spatula

#### Steps

In a bowl or glass jar, add the yogurt.

Top with strawberries, blueberries, and raspberries.

Add the granola on top and enjoy!

Nutrition per serving:

calories	fat	protein	carbs	fiber
250 kcal	4 g	11 g	47 g	4 g

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## Apple Overnight Oat Parfait

Serving size: 1 parfait | Servings: 5





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### Ingredients

Quick oatmeal	5 ounces
Whole milk	1 cup
Vanilla Greek yogurt	8 ounces
Vanilla Greek yogurt	15 ounces
Apples, cored and diced	2 ½ cups




### Cooking Equipment

	Cutting Board & Knives
	Measuring Cup
	Spoon or Spatula
	Bowl

### Ingredients

Quick oatmeal	5 ounces
Whole milk	1 cup
Vanilla Greek yogurt	8 ounces
Vanilla Greek yogurt	15 ounces
Apples, cored and diced	2 ½ cups

### Cooking Equipment

	Cutting Board & Knives
	Measuring Cup
	Spoon or Spatula
	Bowl

### Steps

Place oats in a bowl. Pour milk and 8 ounces of yogurt over the top. Fold together gently. Cover and refrigerate overnight.

The next day, to make one serving, place ½ cup of overnight oats in the bottom of a cup. Top with ¼ cup diced apples and 1/3 cup Greek yogurt.

Nutrition per serving:

calories	fat	protein	carbs	fiber
260 kcal	4 g	17 g	40 g	5 g

### Steps

Place oats in a bowl. Pour milk and 8 ounces of yogurt over the top. Fold together gently. Cover and refrigerate overnight.

The next day, to make one serving, place ½ cup of overnight oats in the bottom of a cup. Top with ¼ cup diced apples and 1/3 cup Greek yogurt.

Nutrition per serving:

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### Banana Peanut and Vanilla Yogurt Parfait

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Serving size: 1 parfait | Servings: 1

#### Ingredients

Banana, sliced	¼ cup
Fresh lemon juice	1/8 tsp
Vanilla yogurt	¾ cup
Granola	¼ cup
Unsalted peanuts, chopped	¼ cup

#### Cooking Equipment

- Cutting Board & Knives
- Measuring Cup
- Measuring Spoons
- Spoon or Spatula
- Bowl

#### Steps

In your serving dish, add yogurt. Top with bananas and lightly toss in lemon juice.

Top with granola and peanuts.

Nutrition per serving:

calories	fat	protein	carbs	fiber
315 kcal	10 g	14 g	46 g	3 g

#### Ingredients

Banana, sliced	¼ cup
Fresh lemon juice	1/8 tsp
Vanilla yogurt	¾ cup
Granola	¼ cup
Unsalted peanuts, chopped	¼ cup

#### Cooking Equipment

- Cutting Board & Knives
- Measuring Cup
- Measuring Spoons
- Spoon or Spatula
- Bowl

#### Steps

In your serving dish, add yogurt. Top with bananas and lightly toss in lemon juice.

Top with granola and peanuts.

Nutrition per serving:

calories	fat	protein	carbs	fiber
315 kcal	10 g	14 g	46 g	3 g







## Orange and Banana Oatmeal Parfait

Serving size: 1 parfait | Servings: 1

### Ingredients

Honey	1 tsp
Quick oatmeal	4 ounces
Vanilla yogurt	2 Tbsp
Milk	1 Tbsp, 1 tsp
Banana, sliced	2 ½ Tbsp
Orange sections, peeled	¼ cup
Orange zest	1 tsp

### Cooking Equipment

	Cutting Board & Knives
	Measuring Cup
	Measuring Spoons
	Spoon or Spatula
	Bowl
	Zester

### Steps

Cook oatmeal according to packaging. Let cool.

Mix in yogurt and milk until smooth and creamy. Mix in honey.

Place oatmeal mix in serving dish, add with banana, orange, and orange zest.

Nutrition per serving:

calories	fat	protein	carbs	fiber
175 kcal	2 g	6 g	34 g	3 g






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Quick oatmeal	4 ounces
Vanilla yogurt	2 Tbsp
Milk	1 Tbsp, 1 tsp
Banana, sliced	2 ½ Tbsp
Orange sections, peeled	¼ cup
Orange zest	1 tsp

### Cooking Equipment

	Cutting Board & Knives
	Measuring Cup
	Measuring Spoons
	Spoon or Spatula
	Bowl
	Zester

### Steps

Cook oatmeal according to packaging. Let cool.

Mix in yogurt and milk until smooth and creamy. Mix in honey.

Place oatmeal mix in serving dish, add with banana, orange, and orange zest.

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calories	fat	protein	carbs	fiber
175 kcal	2 g	6 g	34 g	3 g



### Mango Coconut Vanilla Yogurt Parfait

Serving size: 1 parfait | Servings: 1

#### Ingredients

Vanilla yogurt	¾ cup
Granola	¼ cup
Mango chunks, frozen	¼ cup
Shredded coconut	1 Tbsp

#### Cooking Equipment

- Measuring Cup
- Measuring Spoons
- Spoon or Spatula
- Bowl

#### Steps

Thaw the mango.

Place yogurt in serving dish. Top with mango then coconut then granola.

Nutrition per serving:

calories	fat	protein	carbs	fiber
280 kcal	6 g	11 g	48 g	3 g



### Mango Coconut Vanilla Yogurt Parfait

Serving size: 1 parfait | Servings: 1

#### Ingredients

Vanilla yogurt	¾ cup
Granola	¼ cup
Mango chunks, frozen	¼ cup
Shredded coconut	1 Tbsp

#### Cooking Equipment

- Measuring Cup
- Measuring Spoons
- Spoon or Spatula
- Bowl

#### Steps

Thaw the mango.

Place yogurt in serving dish. Top with mango then coconut then granola.

Nutrition per serving:

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280 kcal	6 g	11 g	48 g	3 g