



# Healthy Treats

## Incredible Edible Pyramid Parfait

Layers of yogurt with cereal and fruit! Recipe from *Kids-a-Cookin*'

Level: Easy Makes: 1

## Ingredients:

- 6 tablespoons vanilla yogurt, divided
- 2 heaping tablespoons cereal, either flakes or nuggets
- 2 tablespoons frozen strawberries or crushed pineapple
- 1 teaspoon chopped peanuts
- 1 teaspoon mini-chocolate chips (optional)

#### Direction

- 1. Measure 2 tablespoons yogurt into an 8-ounce clear cup.
- 2. Sprinkle cereal on top.
- 3. Spread 2 more tablespoons yogurt on top.
- 4. Spread fruit on top.
- 5. Add 2 more tablespoons yogurt.
- 6. Top with chopped peanuts and chocolate chips.

### **Nutrition Facts:**

Serving size 1 parfait, calories 130, calories from fat 20, total fat 2.5 g, saturated fat 1 g, trans fat 0 g, sodium 70 mg, carbohydrate 24 g, dietary fiber 2 g, sugars 17 g, protein 4 g, calcium 10%, iron 2%

Revised 07/2012

Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition, Susie Bilderback, Extension Program Assistant and Katie Hamm, former senior in Dietetics \* Resources: http://www.choosemyplate.gov/\* http://www.kidsacookin.ksu.edu/

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.