



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)



Directions:

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%

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