



Tip: Provide snacks 2 hours before meals to provide energy between meals without ruining appetites.

Yogurt Parfait

Recipe adapted from MyPlate Super Simple Cookbook

5 min prep time

Makes 1 serving (adult) or 2 servings (kids 5 and under)

Ingredients

- 1/2 cup low fat yogurt (W)
- 1 tbsp peanut butter (W)
- 1/4 cup Cheerios or Wheaties (W)
- 1/4 to 1/2 cup fresh, frozen, or canned fruit of choice (W)
- Other optional, yummy additions:
 - 1/4 tsp ground cinnamon
 - Applesauce (W)
 - Oatmeal (W)
 - Nuts
 - Honey

(W) =WIC foods



Directions

1. Wash hands, prep area, and fruit.
2. In a small bowl, mix yogurt and peanut butter together.
3. In a separate bowl or cup, add a layer a yogurt mix and top with crushed cereal.
4. Add a layer of fruit and top with another layer of yogurt mix.
5. Sprinkle crushed cereal on top.

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