



Breakfast Parfaits



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This week we are exploring breakfast parfaits!

These breakfast parfaits will make you excited to eat breakfast. Breakfast parfaits are packed with protein, fiber, vitamins, and minerals. Customize your parfait combo with the ingredients you enjoy most. This make-ahead, quick, simple breakfast is sure to satisfy.

Did you know that eating a well-balanced breakfast can help benefit your overall health? Eating breakfast each morning helps improve energy, concentration, and mood and lowers the risk of developing diabetes. Breakfast eaters are also less likely to be overweight or obese.



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When you're planning your next breakfast, make sure it has the following:

1. **Protein** to keep you full, satisfied, and energized. You can find protein in eggs, yogurt, cottage cheese, nuts, seeds, nut butter, chicken, and turkey.
2. **Fiber** to help keep your blood sugar steady and improve digestion. Fiber can be found in oats, grits, whole wheat bread, fruits, and vegetables.
3. **Colorful fruits and vegetables** to help support a healthy body. The more colors the better! Eating a rainbow of fruits and vegetables throughout the day ensures you are getting enough vitamins and minerals to support optimal health. Fruits and vegetables are also a great source of antioxidants to help fight off illness and disease.



Save money by purchasing frozen fruit for your breakfast parfaits! Frozen fruits and vegetables are picked and frozen at their peak ripeness for optimal flavor and nutrition. Just toss them in a microwave-safe bowl and defrost for 30 seconds to 2 minutes or until soft.

The average cost of one breakfast parfait made with frozen fruit is \$1.30.

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General Breakfast Parfait Recipe

Recipe adapted from
www.favfamilyrecipes.com



Kitchen Tools Needed

- Spoon
- 6 small glasses, cups, or bowls
- Food saving film or Saran Wrap
- 6 Tupperware containers or Ziploc bags
- Measuring spoons and cups

Ingredients

- 1 ½ cups fruit of choice (strawberries, banana, papaya, mango, raspberries, blueberry)
- 32 oz. nonfat plain Greek yogurt (or low sugar vanilla yogurt)
- 4-5 cups low sugar granola
- Toppings of choice (see below)

Additional Toppings of Choice

- 1-2 Tbsp coconut shreds
- 1-2 Tbsp nuts or trail mix
- 1-2 tsp honey drizzle
- 1-2 tsp peanut butter (creamy, melted)

Instructions

1. Layer ¼ cup fruit of choice in the bottom of each cup, then add ¼ cup of yogurt on top of the berries.
2. Continue alternating layers of yogurt and fruit 2-4 times in each cup. Yogurt should be the top layer.
3. Add toppings of choice to a Tupperware container. You can add these toppings when it is time to eat. Storing them separately ensures that you'll have a crunchy texture element added to your breakfast parfait.
4. Keep yogurt/fruit cups in the refrigerator for up to 5 days.

Option 1: PB&J

Plain Greek yogurt, strawberries, peanut butter, peanuts

Option 2: Raspberry Mango

Plain Greek yogurt, peaches, raspberries, granola, honey

Option 3: Mango Coconut

Plain Greek yogurt, Mango, honey, optional: coconut