



# STRAWBERRY PARFAIT

June 25

National Strawberry Parfait Day




## INGREDIENTS

- 1 Cup Plain Greek Yogurt
- 1 Tablespoon Honey
- 1 Cup Strawberries
- 1 Cup Granola  
(6 grams of sugar per dry ounce or less)

## DIRECTIONS

1. Chop up strawberries into small pieces.
2. Thoroughly mix plain Greek yogurt with honey.
3. Assemble parfait by layering yogurt, granola and fruit.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

## MEAL TYPE

-  Snack

## YIELD

2 Parfaits

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1/4 Cup Yogurt	1/4 Cup Yogurt	1/2 Cup Yogurt	1/2 Cup Yogurt
1/8 Cup Granola	1/8 Cup Granola	1/4 Cup Granola	1/4 Cup Granola
1/2 Cup Berries	1/2 Cup Berries	3/4 Cup Berries	1/2 Cup Berries