



STRAWBERRY YOGURT PARFAITS WITH GRAHAM CRACKER CRUMBLE

July 5

National Graham Cracker Day

INGREDIENTS

- 8 Graham Crackers (about 5" by 2½", enriched or whole grain-rich)
- 2 Cups Sliced Strawberries
- 2 Cups Heavy Whipping Cream
- ½ Cup Sugar
- 1 Teaspoon Vanilla
- 2 Cups Plain Greek Yogurt

DIRECTIONS

1. Break graham crackers into small pieces. Distribute half of the cracker pieces equally among four cups or bowls.
2. With an electric mixer, beat whipping cream until it starts to thicken.
3. Add sugar while continuing to beat, followed by vanilla. Beat to medium peaks.
4. Fold in Greek yogurt.
5. Distribute half of the yogurt mix equally among the four cups or bowls.
6. Top each with ¼ cup of strawberries.
7. Repeat the process with the remaining half of the cracker pieces, yogurt mix and strawberries.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

4 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Parfait	1 Parfait	1 Parfait	2 Parfaits