



Strawberry Yogurt Parfait

Snack Crediting for Ages 3-5



Total Time

5 minutes

Serving Size

1 parfait

Servings

8

Components

Meat/Meat Alternate,
Fruit

Ingredients

- 2 cups strawberry yogurt
- 4 cups mixed berries
- 1/2 cup granola (optional)

Make sure your yogurt is #CACFPCreditable!

Click [here](#) to learn how to identify sugar limits.

Directions

1. Let children build their own parfait.
2. Have them scoop 1/8 cup yogurt and then 1/4 fruit into their cup. Repeat this again to create two layers for each parfait.
3. Add a tablespoon of granola on top for a little crunch, if desired.

One parfait credits for 1/2 oz eq. meat/meat alternate and 1/2 cup fruit.

