

# BREAKFAST PARFAIT

Serves: 4

## Ingredients:

- 1 cup low-fat vanilla yogurt
- 1/2 cup low-fat strawberry yogurt (not “fruit on the bottom”)
- 1 1/2 cups low-fat plain yogurt
- 1 1/2 cups whole grain breakfast cereal
- 1 cup fresh berries, sliced if necessary
- 1 medium banana, sliced
- 8 tablespoons flaked almonds

## Directions:

- Divide 1 cup vanilla yogurt between 4 tall glasses so there is 1/4 cup of yogurt in each glass
- Next, divide the banana slices and half of the cereal between the 4 glasses
- Top with strawberry yogurt, again ensuring each glass has 1/4 cup of yogurt
- Layer the berries on top of the strawberry yogurt and then top with the remaining cereal
- Finish with the remaining vanilla yogurt and garnish with flaked almonds



The Mickey Check is a tool that makes it easier to identify nutritious choices in stores, online and while on vacation at Walt Disney Parks and Resorts. To learn more, visit [DisneyMickeyCheck.com](http://DisneyMickeyCheck.com)

ALWAYS wash fruits and veggies when preparing for cooking or eating.  
When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

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