

Fruity breakfast parfait



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

15 minutes preparation

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 2 cups canned pineapple or oranges, drained
- 1 cup frozen blueberries, thawed
- 1 cup vanilla or plain yogurt
- 1 firm, medium banana, washed, peeled, and sliced
- 1/3 cup raisins
- 1/4 cup sliced almonds, toasted (you can top with granola instead!)

Directions

1. Slightly thaw frozen berries.
2. In clear glasses or mugs, layer pineapple, raspberries, yogurt, banana, and raisins. Put half of each fruit and half of the yogurt in the bottom. Repeat layers.
3. Top with toasted nuts or a reserved piece of fruit.
4. Eat promptly or refrigerate and enjoy within 1-2 hours.

Tips and variations

- Experiment with different fruit and yogurt combinations. If you don't like nuts, top with granola or crushed cereal instead.
- Parfaits are a popular option when preparing food for groups. Layer the parfait ingredients in a large clear bowl. Alternatively, set out the ingredients and small clear glasses and let guests customize their own parfait.
- This is a great recipe to prepare with young children. Kids may be more likely to try a new food (fruit, etc.) if they make it themselves.

Recipe video

Nutritional info

Calories

234

Total fat

4.3 g

Saturated fat

0.8 g

Cholesterol

3 mg

Sodium

44 mg

Total carbohydrates

37.5 mg

Dietary fiber

7.2 g

Protein

6.1 g

Total sugar

35 g

Allergens

Dairy

Tree nuts

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