



Breakfast Parfait

YIELDS: 5 servings

PREP TIME: 15 minutes

Ingredients

- 625 mL (2 ½ cups) mixed berries, fresh or frozen
- 3 bananas
- 200 mL (¾ cup) dates
- 398 mL (1 can) pineapple tidbits (canned in own juice)
- 150 mL (⅔ cup) Multi grain cereal or any crunchy whole-grain cereal
- 925 mL (3 ⅔ cup) vanilla yogurt



Figure 1. Breakfast Parfait

EQUIPMENT: colander / cutting boards / knives / can opener / large bowl / measuring cups / spoons /small bowels or cups for sampling

Directions

1. If using fresh berries, wash and rinse under cool tap water. Discard any spoiled berries and remove stems. Chop into small bite-sized pieces.
2. Peel and slice bananas.
3. Slice dates into bite-sized pieces.
4. Open canned pineapple (wash lid before opening). Drain off juice using a colander. Place pineapple in the bottom of the large serving bowl.
5. Add a layer of yogurt over pineapple then layer with berries. Layer with yogurt and cereal. Top with bananas and dates. Continue to layer until all ingredients are used.

CHEF'S TIP: For a lower sugar version use plain greek yogurt and add a touch of vanilla instead of vanilla yogurt