



# Yogurt Parfait

Prep Time: 5 minutes

Total Time: 5 minutes

Make sure to tune in every Wednesday at 5:30 PM CST to the Sicangu Community Development Corporation Facebook page for our virtual cooking class!



Eating a variety of foods, like different fruits or vegetables and nuts and seeds, helps to keep your body healthy and strong! Make sure to eat foods with vitamins (like fruit and nuts) and protein (like yogurt) to fuel your body so you can grow and learn and be active like you want to!



## Ingredients:



- Yogurt (approx. 1 cup per serving)
- Toppings (fruit, granola, nuts/seeds)

## Potential Topping: Granola Recipe

Ingredients:

- 1/2 cup canola oil or other neutral cooking oil (coconut or olive oil)
- 1/2 cup honey or maple syrup
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 cups old-fashioned rolled oats
- 1 cup sliced almonds
- 1 cup raisins or other chopped, dried fruit

Directions:

- Heat the oven to 300 degrees Fahrenheit and line a baking sheet with parchment paper.
- Whisk together the oil, honey, cinnamon, and salt.
- Add the oats and almonds and stir to coat.
- Spread the oats out onto a prepared baking sheet.
- Bake for 20 minutes, stirring halfway through.
- Remove from the oven, add the fruit, tamp down, and cool.
- Store in an airtight container.

## Directions:



- Put approximately half of a cup of yogurt into a bowl.
- Add half of your toppings in a thin layer, distributing the fruit or nuts or granola over the top of the yogurt.
- Add the other half cup of yogurt on top of your toppings layer.
- Sprinkle your remaining toppings on the yogurt.
- Enjoy!

## What activities does your parfait give you the power to do?

Draw a picture or write a few sentences about how your snack helps you to move your body and use your brain to do your favorite activities!

