



# breakfast parfait

serves 1

Recipe serves 1—each serving represents:

-  1/2 serving from the Grain Products Food Group
-  1 serving from the Vegetables and Fruit Food Group
-  1 serving from the Milk and Alternatives Food Group
-  based on Canada's Food Guide

## Nutrition Facts

Serving Size (1 cup)  
Recipe makes 1 serving

Amount Per Serving	
<b>Calories 170</b>	
<b>Total Fat</b> 2.5g	
Saturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 5mg	
<b>Sodium</b> 230mg	
<b>Total Carbohydrate</b> 31g	
Dietary Fiber 3g	
Sugars 17g	
<b>Protein</b> 9g	
Vitamin A 8%	Vitamin C 10%
Calcium 25%	Iron 25%

### ingredients

#### choose a fruit



1/2 cup  
or  
125ml



fresh fruit

or



1/2 cup  
or  
125ml

frozen fruit

or



1/2 cup  
or  
125ml

canned fruit

#### choose a cereal



1/2 cup  
or  
125ml

oat cereal

or



1/2 cup  
or  
125ml

corn flakes

or



1/3 cup  
or  
85ml

low-fat granola

#### choose a yogurt



1/2 cup  
or  
125ml

plain yogurt

or



1/2 cup  
or  
125ml

low-fat/low-sugar yogurt

Get your day off to a great start by always having breakfast.

For more great recipes visit:



[healthyalberta.com](http://healthyalberta.com)

**1** Layer ingredients in a drinking glass.  
Choose a fruit. Place half of the fruit in the glass.



fresh fruit      or      frozen fruit      or      canned fruit



**2** Choose a cereal. Place half of the cereal in the glass.



oat cereal      or      corn flakes      or      low-fat granola



**3** Choose a yogurt. Place half of the yogurt in the glass.



plain yogurt      or      low-fat/  
low-sugar  
yogurt



**4** Repeat layers.



one half of  
the fruit      +      one half of  
the cereal      +      one half of  
the yogurt

**5** Top with a piece of fruit.



**6** Serve immediately.



Put in fridge  
overnight.  
Serve in the  
morning.

Or, cover.

recipe source  
Capital Health