

Peach Blueberry Parfait

4 Servings • 1 Serving = ½ Cup Yogurt + ½ Cup Fruit + ¼ Cup Granola

Tips on Peaches



How To Store

Unripe peaches should be stored in a paper bag



How To Use

Peaches can be used in salsa, salads, soup, casserole, cake, fritters & puddings.



Health Benefits

Vision, immunity & heart health. Lowers the risk of some cancers.

INGREDIENTS

- 2 cups plain, non-fat Greek yogurt
- 1 tablespoon honey
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 – 15 oz can diced peaches, in water or 100% juice, drained
- 1 cup fresh or frozen blueberries
- ½ cup granola

DIRECTIONS

- In a medium bowl, combine Greek yogurt, honey, cinnamon and vanilla. Mix until well combined.
- Combine peaches with blueberries in a small bowl.
- Layer parfaits into four small mason jars or tall glasses. Begin with ¼ cup yogurt, ¼ cup fruit and two tablespoons granola. Repeat the layers once more into each of the containers.

Nutrition Facts

4 servings per container

Serving size **1/2 cup yogurt,
1/2 cup fruit, 1/2
cup granola
(284g)**

Amount per serving

Calories 190

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 7g Added Sugars	14%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 1mg	6%
Potassium 347mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsa.org/recipes



www.chefsa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.



Supplemental
Nutrition
Assistance
Program