



## Fruit Parfait

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

### INGREDIENTS

- 2 cups plain Greek yogurt
- 1 Tablespoon honey
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 – 15 ounce can sliced pears, canned in water or 100% juice, drained
- 1 cup fresh or frozen blueberries, if using frozen, thaw and drain
- ½ cup cinnamon granola

### DIRECTIONS

1. In a medium bowl, combine Greek yogurt, honey, cinnamon, and vanilla. Mix until well combined.
2. Cut pears into small dice and mix with blueberries in a small bowl.
3. Layer parfaits into four small mason jars or tall glasses beginning with ½ cup yogurt, ½ 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, 1/4  
cup granola

Amount per serving

**Calories 310**

% Daily Value\*

Total Fat 13g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 18g Added Sugars	32%

Protein 9g

Vitamin D 1mcg	6%
Calcium 216mg	15%
Iron 1mg	6%
Potassium 152mg	4%

\*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.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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