


Yogurt and Berry Parfait



 Yield: 4-6 servings

 Preparation: 5 minutes

 Cooking: none

650 g (1 container) of **Dairyland Classic Vanilla - vanilla cream yogurt**

250 ml (1 cup) of granola

500 ml (2 cups) of assorted fresh berries

125 ml (1/2 cup) of homemade* or store-bought berry compote

Toppings

45 ml (3 tbsp) of rainbow sprinkles

Mini semi-sweet chocolate chips

Unsalted nuts, roughly chopped

Unsweetened grated coconut

Puffed cereal

Place each of the first 4 ingredients in individual bowls and provide spoons for serving.

Hand out parfait glasses and have children layer the base ingredients in any order they wish.

Once the parfaits are assembled, each person can use their imagination when applying the toppings!

HEALTHY FACT!

Low-fat yogurt is one of those perfect “health foods.” It is high in protein and the mineral content is enriched here by the vitamins in the berries and the fiber in the puffed cereal.

NOTE FOR FOOD-LOVERS

*Make your own compote: Place 750 ml (3 cups) mixed berries and 60 ml (1/4 cup) maple syrup in a saucepan. Cook over medium-high heat for two minutes to release the juices. Reduce heat to medium and cook the compote for another 10-15 minutes until it thickens slightly. Remove from heat and stir in 5 ml (1 tsp) vanilla extract. Cool to room temperature.