

MAKE A YOGURT PARFAIT!

Yogurt parfaits are a tasty, healthy snack or breakfast - and a good source of calcium, fibre and vitamins.

Choose one or more ingredients from each column below. Layer in a glass, or mix together in a bowl. Enjoy!

YOGURT

Fruit-flavoured yogurt

Vanilla yogurt

Greek yogurt
(thicker texture)

Plain yogurt
(no added sugars)

FRUIT

Chopped fresh fruit:

- Banana
- Berries
- Kiwi
- Mango

Frozen fruit (thawed):

- Berries
- Peaches
- Mango
- Mixed fruit

Canned fruit:

- Peaches
- Mandarin oranges
- Unsweetened applesauce
- pineapple

Dried fruit:

- Mango
- Blueberries
- Raisins
- Cranberries
- Shredded coconut

TOPPINGS

Chopped nuts:

- Almonds
- Walnuts
- Pecans
- Peanuts

Seeds:

- Pumpkin seeds
- Sunflower seeds
- Chia seeds
- Hemp seeds

Cereal:

- Bran Buds
- Puffed rice
- Muesli
- Granola

Plain oats



TIPS:

- Frozen fruit and canned fruit are often cheaper than fresh fruit – especially in the winter!
- Look for yogurt in the clearance section or with 30% off stickers – many stores offer deals a few days just before the “best before” date
- Choose canned fruit packed in water or sugar instead of syrup
- Pack your toppings separately for a parfait on-the-go: this keeps toppings crunchy when ready to eat.

