

# Incredible Edible Pyramid Parfait

Layers of yogurt with cereal and fruit!



Level: Easy

Makes: 1

## Kids' Tool Kit

Measuring spoons  
Table knife  
Rubber spatula  
Small bowls  
Serving spoons  
8-ounce clear cups

## Ingredients:

- 6 tablespoons vanilla yogurt, divided
- 2 heaping tablespoons cereal,  
either flakes or nuggets
- 2 tablespoons frozen strawberries or  
crushed pineapple
- 1 teaspoon chopped peanuts
- 1 teaspoon mini-chocolate chips (optional)



## Directions:

**Remember to wash your hands!**

1. Measure 2 tablespoons yogurt into an 8-ounce clear cup.
2. Sprinkle cereal on top.
3. Spread 2 more tablespoons yogurt on top.
4. Spread fruit on top.
5. Add 2 more tablespoons yogurt.
6. Top with chopped peanuts and chocolate chips.

## Chef's Choice

Incredible Edible  
Pyramid Parfait  
Graham crackers

## Nutrition Facts

Amount Per Serving	
Serving Size 1 parfait (127g)	
Servings Per Container 1	
<b>Calories</b> 120	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 16g	
<b>Protein</b> 6g	
Vitamin A 2%	Vitamin C 20%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



**Helpful Hints:** This is a recipe that you really don't have to measure ingredients. It's a good time to practice using your measuring skills though. Fill a measuring spoon with yogurt. Use the flat side of a knife and scrape the knife across the measuring spoon to level off the yogurt. This will give an accurate measure. Use a rubber spatula to scoop the yogurt into the cup.

We are using the Food Guide Pyramid as a pattern for making for this snack. Cereal is in the Grain Group at the base of the pyramid. Strawberries are in the Fruit Group. Yogurt fits in the Milk Group. Peanuts are in the Meat Group because they have protein. Chocolate chips are at the very top of the pyramid — the "sometimes" foods. Do you know which food group is not in this parfait? (The Vegetable Group)



**Safety Tip:** Before you start to get out ingredients for a recipe, wash the work area with a clean cloth, soap and water. Wash your hands in warm water with soap, scrubbing for at least 20 seconds. That's about as long as it takes to sing the "ABC's" or "Happy Birthday." When you cook, don't lick the spoon or your fingers. It's important to keep from spreading germs!

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).