



Peachy Parfait

Makes 35 servings

2 Tbsp. of peach yogurt mixture topped with 1 tsp. cornflakes per serving

INGREDIENTS

- 1 (15 oz.) canned chopped peaches in 100% fruit juice
- 1 container (16 oz.) low-fat vanilla yogurt
- 3 oz. corn flakes

PREPARATION

1. Drain peaches and place in serving bowl.
2. Add yogurt and mix gently.
3. Have each student spoon 2 Tbsp. of the mixture in a small cup.
4. Have students top their parfait with 1 tsp. of corn flakes.
5. Serve immediately.

Nutrition information per serving: Calories 19, Carbohydrate 4g, Dietary Fiber 0g, Protein 0g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 20mg



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