

Berry Banana Parfait

Servings: 4

Imperial measure	Ingredients	Metric measure
2 cup	Blueberries, strawberries, blackberries or raspberries	500 mL
2	Banana(s)	
3 cups	Low fat yogurt (e.g. vanilla)	750 mL
2-3 cups	Whole grain cereal, crushed	500 mL–750 mL

Method:

1. In a medium bowl, using the flat part of a spoon, crush cereal.
2. Wash berries and dry with paper towel; Place berries in a separate bowl.
3. Peel and slice bananas. Place sliced bananas in a bowl.

To make an individual parfait:

1. In a cup, add $\frac{1}{2}$ cup of yogurt.
2. Add $\frac{1}{3}$ - $\frac{1}{2}$ cup crushed whole grain cereal.
3. Add 5-6 slices of bananas.
4. Add $\frac{1}{4}$ cup of blueberries.
5. Top with $\frac{1}{4}$ cup of yogurt.
6. Sprinkle with crushed whole grain cereal.