Hidden Treasure Parfait

Ingredients:

½ cup Vanilla Yogurt

Blueberries
Mandarin Oranges
Strawberry

2 tablespoon Granola topping

Yield: 1 serving
See chart for age portions

Directions:

1. Place granola in bottom of cup.
2. Add correct amount of yogurt per child
3. Make a happy face with:
    - Blueberries for eyes
    - Strawberry halve for nose
    - 2 mandarin oranges for smile
4. Serve immediately with spoon.

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Nutritional Analysis

Calories	144
Protein	7 gms
Fat	4 gms
Sodium	775 mgs
Calcium	20% Daily value
Fiber	1 gm