

RECIPE

PARFAITS WITH A TWIST

INGREDIENTS

- Yogurt
- 2 tbs shredded Carrot
- 1/4 cup Fruit Choice
- 2 tbs of toasted oats
- 2 tbs Nuts
- cereal of choice

NUMBER OF SERVINGS

1-2

TIME TO PREPARE

15

TIME TO COOK

10

TOOLS NEEDED

- Cup or bowl
- Knife
- Veggie Shredder
- Cutting board

PROCEDURE

- Clean all veggies and fruits first.
- Cut carrots and shred them.
- Next, place the oats in a small pan for 5 minutes on low to toast them. Once toasted set them aside to cool.
- Next, place carrots at the bottom of the cup or bowl.
- Then place 3 tbs of yogurt on top.
- Next, place the toasted oats on top of the yogurt.
- Add 3 tbs of yogurt.
- Finally, sprinkle cereal on top.
- Enjoy