



POWER Parfait

An amazing treat that will make a fun choice any day!

Tip: In a rush?

*Throw the ingredients into the blender and make a **power smoothy** to-go!*

1. Find your favourite cereal and add to bottom of cup.
2. Wash, chop your favourite fruits into small pieces & add to cup.
3. Add greek yogurt for protein.
4. Sprinkle with protein and fun toppings or add more fruit for colour!

Aim to have 3 different fruit colours for best nutrition!!

SUGGESTIONS:

Fruit: Berries, banana, oranges, apple, pineapple, mango, kiwi, grapes, melon balls from cantaloupe, honey dew or watermelon

Yogurt: Plain yogurt, Greek yogurt or vanilla yogurt

Cereal: Flakes, muesli, granola, shredded wheat, cheerios, shreddiees, crispie rice

Protein toppings: hemp hearts, chia seeds, pumpkin seeds, walnuts, brazil nuts, other seeds or nuts, nut butter

Fun toppings: Granola, cinnamon, grated chocolate, choc chips
Add your favourites!