

Berry Patriotic Parfaits

Ingredients:

- 1/2 cup fresh strawberries**
- 1/2 cup fresh blueberries**
- 1/4 to 1/2 cup plain or vanilla greek yogurt**

- 1/4 cup natural or low-fat granola**
- Honey (optional for topping)**

Supplies needed:

- Cutting board**
- Sharp knife**
- Measuring cups**
- Bowls**
- Glass or parfait cup**

Steps:

- 1. Wash strawberries and blueberries.**
- 2. Cut strawberries into small chunks.**
- 3. Begin creating your parfait by layering the bottom of the glass with strawberries.**
- 4. Next, add a layer of yogurt.**
- 5. Then add a layer of blueberries.**
- 6. Last, add a layer of granola.**
- 7. Repeat layers if necessary. Optional: top with honey.**

For more information and recipes, please visit:

<http://uaex.edu/health-living/child-care-providers/childcare-resources.aspx>