

Top 10 Yogurt Parfaits

Creative ways to make endless combinations

Recipes created by Plant High School, Hillsborough County School District

Yogurt parfaits are a great addition to your traditional or grab and go meal stations.



- 1 Berry Good Parfait:** 2 oz. blue raspberry yogurt, ½ C blueberries, 1 oz. vanilla yogurt, 2 oz. strawberry yogurt and top with 1/3 C granola

- 2 Orange Pineapple Parfait:** 3 oz. orange yogurt, ½ C pineapple tidbits, 2 oz. vanilla yogurt and top with 1/3 C granola



- 3 Lemon Blueberry Parfait:** 3 oz. lemon yogurt, ½ C blueberries, 2 oz. lemon yogurt and top with 1/3 C granola



- 4 Strawberry Lemonade Parfait:** 3 oz. strawberry yogurt, 2 oz. lemon yogurt, ¼ C sliced strawberries, ¼ C pineapple tidbits and top with 1/3 C granola



- 5 Blue Raspberry Parfait:** 3 oz. blue raspberry yogurt, ½ C blueberries, 2 oz. lemon yogurt and top with 1/3 C granola





6 Apple Pie Parfait: 3 oz. plain vanilla yogurt, ½ C apple pie filling (diced apples), 2 oz. cinnamon yogurt and top with 1/3 C granola

7 Tropical Mixed Fruit Parfait: 2 oz. strawberry orange yogurt, ¼ C peaches, ¼ C sliced strawberries, 2 oz. vanilla yogurt and top with 1/3 C granola



8 Red, White and Blue Parfait: 3 oz. blue raspberry yogurt, ½ C sliced strawberries, 2 oz. vanilla yogurt and top with 1/3 C granola



9 Banana Split Parfait: 3 oz. strawberry yogurt, ¼ C sliced bananas, 2 oz. vanilla yogurt, ¼ C strawberries and top with 1/3 C granola



10 Shamrock Parfait: 3 oz. lime yogurt, ½ C diced pears, 2 oz. vanilla yogurt and top with 1/3 C granola



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