

# Breakfast Parfait

## Ingredients

YIELDS: 5 servings    PREP TIME: 15 minutes

- 2 1/2 cups (625ml) mixed berries, fresh or frozen
- 3 bananas
- 3/4 cup (200ml) dates
- 1 can (398ml) pineapple tidbits (canned in own juice)
- 2/3 cup (150ml) Multi grain cereal or any crunchy whole-grain cereal
- 3 2/3 cup (925 ml) vanilla yogurt



EQUIPMENT: colander / cutting boards / knives / can opener / large bowl / measuring cups / spoons /small bowls or cups for sampling

## Directions

- 1) If using fresh berries, wash and rinse under cool tap water. Discard any spoiled berries and remove stems. Chop into small bite-sized pieces.
- 2) Peel and slice bananas.
- 3) Slice dates into bite-sized pieces.
- 4) Open canned pineapple (wash lid before opening). Drain off juice using a colander. Place pineapple in the bottom of the large serving bowl.
- 5) Add a layer of yogurt over pineapple then layer with berries. Layer with yogurt and cereal. Top with bananas and dates. Continue to layer until all ingredients are used.

### Chef's Tip



*For a lower sugar version use plain greek yogurt and add a touch of vanilla instead of vanilla yogurt.*

*Let's Get Cookin'!*

