

kids cook — Yami yogurt parfait (say par-fay)

easy recipes for young cooks

what you need

your favorite Yami yogurt

fruit ideas:

- banana
- fresh berries or cherries
- fresh peaches, nectarines, pomagranate, mangos or grapes
- canned fruit (pears or peaches)
- dried fruit (pineapple, mango or papaya, dates, raisins)

topping ideas:

- granola
- chopped nuts
- flake cereal
- crushed graham crackers

how to make it

- 1. Assemble your materials.** You will need a cutting board, a towel or paper towels and maybe a knife and can opener. (And be sure to clean up afterwards!)
- 2. If you are using fresh fruit,** make sure you wash and dry it first and take the leaves and stems off. You can slice the banana with a table knife (not sharp). If you have other fresh fruit like peaches, nectarines, pomegranate or mangos you may need to have an adult slice them for you with a sharp knife (and peel the mango). If you are using dried fruit, cut it or break it into small pieces.
If you use canned fruit, drain the pieces and get them as dry as you can. Then use a knife (a table knife will work) to cut the fruit into slices or pieces.
- 3. If you want a topping,** get that ready now too. To make crushed graham cracker topping, put a cracker between 2 pieces of waxed paper and roll with a rolling pin.
- 4. You are ready to make your parfait.** Put a little yogurt in the bottom of a cereal bowl. Then lay just a few pieces of fruit on top of it. Then another layer of yogurt. Then a few more pieces of fruit. You can use the same kind of fruit on each layer, or mix them up! Make as many layers as you like and finish with a layer of yogurt on the top. Sprinkle your topping over the yogurt.
- 5. Grab a spoon and enjoy your creation!**

Yami[®]
yogurt