MINICHEF RECIPES

by Noah - Healthy & Fun Cooking for Kids

Rainbow Yogurt Parfait

A Healthy Breakfast for Kids 🌈🥄 Colorful, fun, and protein-packed!

PREP TIME

10 min

SERVINGS

4 parfaits

🛒 Ingredients

- **3 cups** Vanilla Greek yogurt
- **1 cup** Whole-grain cereal or Lucky Charms™
- **Handful** Strawberries or raspberries (Red)
- **Handful** Mandarin oranges (Orange)
- **Handful** Pineapple chunks (Yellow)
- **Handful** Kiwi slices (Green)

- **Handful** Blueberries (Blue/Purple)
- **To drizzle** Honey

Directions

1. **Prep fruits:** Wash and chop fruits into bite-sized pieces. Pat dry with paper towel.
2. **Start layering:** Begin with ¼ cup Greek yogurt in each glass or jar.
3. **Add crunch:** Add a spoonful of cereal for fun texture.
4. **Create rainbow:** Layer fruits in rainbow colors - red, orange, yellow, green, blue, purple.
5. **Repeat layers:** Continue layering yogurt, cereal, and fruits until glass is full.
6. **Finish & serve:** Top with yogurt, garnish with cereal or granola, drizzle honey. Serve immediately!

Nutrition Info

CALORIES	PROTEIN
245	14g
CARBS	**FIBER**
42g	3g

Pro Tips

- Use thicker yogurt like Greek or skyr to keep layers from sinking
- Use clear glasses to showcase the rainbow layers
- Keep fruits & yogurt separate if prepping ahead to prevent sogginess
- Add cereal right before serving to maintain crunch