

Breakfast

Breakfast Parfait

Cost: Per Recipe: \$1.20 Per Serving: \$1.20



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Breakfast Parfait

Serving Size: 1 Parfait
Yield: 1 Serving

Ingredients:

- 1 cup fat-free artificially sweetened vanilla yogurt
- 4 pecan halves, chopped
- 1 small banana, sliced
- 3 Tbs wheat germ
- 3 graham crackers (2½-inch squares)

Instructions:

1. Layer yogurt, pecans, banana, and wheat germ in a parfait glass.
2. Serve immediately.
3. Refrigerate any leftovers.

Nutrition Per Serving:

Calories 306, Calories from Fat 63g, Protein 18g, Fat 7g(sat 0g), Carbohydrate 58g, Fiber 4g, Cholesterol 4mg, Sodium 332mg, Sugar 23g

Healthy Additions:

- Add your favorite fruits such as blueberries, strawberries, or kiwi.

Healthy Tip:

- Start each day with a nutritious and delicious breakfast.

See how to make this and all the recipes in this book on "Good Health IS Possible" DVD.

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