BREAKFAST PARFAIT

Need a quick and easy on-the-go breakfast? Check out this delicious, customizable breakfast parfait!

1. Add 1 cup of yogurt to your cup or bowl

- Tip: Want more protein? Choose Greek yogurt!

2. Add ¼ cup of some crunch on top of the yogurt.

- Options: Granola, Cereal, Trail Mix, etc. Get creative or mix up your options.

3. Add ½ cup of your fruit of choice!

- TIP: Frozen, canned, or fresh fruit are all great options.
- Options: Blueberries, strawberries, bananas, peaches, apples, pineapple, the options are endless!

Optional toppings: Chocolate chips, nuts/seeds, honey drizzle, peanut butter, or coconut flakes.

Enjoy now or cover with a lid and store in the refrigerator for up to 3 days for best quality!