BREAKFAST PARFAIT

Prep Time: 5 minutes
Makes 1 serving

Ingredients
250 mL (1 cup) cut-up fruit (strawberries, raspberries, peaches, bananas, whatever you like)
30 g (1/3 cup) All-Bran Bran Buds™ cereal
125 mL (1/2 cup) yogurt, any kind

Directions
Place 125 mL (1/2 cup) of the fruit into a small glass bowl or cup.

Top with half of the yogurt and sprinkle with half of the Bran Buds™ cereal.

Layer with the remaining fruit, remaining yogurt, and the rest of the Bran Buds™.

This sweet and crunchy treat makes a healthy breakfast or snack later in the day. Prepare the night before and store in the fridge if you don’t have much time in the morning.

✓ Budget-Friendly
✓ Quick & Easy
✓ Vegetarian
✓ High-fibre