

# 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™.



Photo credit: Kimberly Green, RD

**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



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