

Blood Orange Yogurt Parfait

Makes 2 servings

This parfait is easy for children to make and can be a healthy breakfast or dessert. You can make this parfait with other fruits, like berries or peaches.

Ingredients

- 1 cup low-fat plain yogurt or plant-based yogurt
- 1 blood orange, peeled and cut into sections
- ½ cup low-sugar granola or crunchy cereal
- 2 tablespoons chopped nuts or seeds (like pistachios, almonds, or walnuts, or pumpkin or sunflower seeds)

Directions

1. Spoon ¼ cup yogurt into each of two small bowls or glasses.
2. Top the yogurt with a couple of blood orange segments, 2 tablespoons of granola or cereal, and 1 tablespoon of chopped nuts or seeds.
3. Repeat to create another layer of yogurt, blood orange, granola or cereal, and chopped nuts or seeds.



Photo: Sunkist Growers

Scan this code with
your phone's camera
for more recipes and
healthy eating tips

