

Banana Split Berry Yogurt Parfait

Healthy Cooking in the Classroom



Bits & Tips

Food safety and preparation basics:

1. Wash hands with soap and water
2. Make sure the work area is clean and the utensils are clean
3. Keep hands away from hair, face, pets, and don't sneeze or lick fingers (cough into sleeve or rewash your hands)
4. Use a separate spoon for tasting and never put a used tasting spoon into food that is served to others
5. Keep dairy products, meat, poultry, and eggs cold
6. Wash fruits and vegetables in cool water before using them
7. Wipe tops of cans and bottles before opening them
8. Look for clues that food is spoiled which can make you sick. Check the color, does it look right, odor, appearance, etc.

MyPlate has 5 food groups: Fruit, Vegetable, Grain, Protein, and Dairy

½ of your plate should be fruits and vegetables and ½ of your plate should be grains and protein

Fruits are important for our bodies; they have significant sources of vitamins, minerals, and fiber

Get 2-3 servings of fruits and veggies a day, a typical serving size for fruit is 1 cup

Try different yogurt flavors

Using Greek yogurt will add more protein

Keep fruit in a bowl on a counter, this encourages eating fruit for a snack

Rinse fruit under cool running water before eating

People who incorporate fruit in their diet are less likely to suffer from chronic diseases

Here's What You Need:

- 24 oz. yogurt
- 1 ½ cup sliced strawberries
- 1 and ½ banana sliced
- ½ cup low fat granola
- 2 Tbsp. confectioner's sugar
- 2 Tbsp. cocoa
- 3-4 tsp. hot water

Here's What You Do:

1. In a small cup, spoon 2-3 Tbsp. of yogurt.
2. Next layer 2-3 Tbsp. of strawberries over the yogurt.
3. Layer 2-3 Tbsp. of bananas over strawberries.
4. Sprinkle 1 Tbsp. of granola over the top.
5. In a small bowl, whisk together hot water, cocoa, and confectioner's sugar until smooth. Spoon 1-2 tsp. over the parfait.

Our Snack today has:

Approximately 157 calories,
34 g. carbohydrate, 25 g. sugar,
1 g. total fat,
6 g. protein, 2 g. fiber

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