



Peachy Keen Parfait

Featured Item: Peaches

Serving Size: 1 parfait • Yield 4

Fun Facts:

Peaches and nectarines are twins! The difference is that a peach has a fuzzy skin.

Try It!

A juicy peach tastes great diced on cereal, yogurt, pancakes, waffles, or in a smoothie.

INGREDIENTS

- 4 cups** yogurt of choice (plain, vanilla, or Greek suggested)
- 2** peaches, diced
- 2 cups** fresh berries of choice (blueberries, raspberries or sliced strawberries)
- 1/2 cup** granola



DIRECTIONS

1. Use 4 parfait cups.
2. Layer at the bottom of each cup 1/2 cup yogurt.
3. Divide among the cups half the quantity of peaches, berries and granola.
4. Layer with another 1/2 cup yogurt in each cup.
5. Top evenly with the remaining peaches, berries and granola.

NUTRITION FACTS

Calories: 300
Total Fat: 1.5g
 Saturated Fat: 1g
 Trans Fat: 0
Cholesterol: 15g
Sodium: 116mg
Total Carbohydrate: 52g
 Dietary Fiber: 5.5g
 Total Sugars: 36g
Protein: 26g



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Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

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Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.