

# recipe *Herry's Blueberry Lemon Parfait*

## ingredients

*1 cup lemon yogurt*

*2 cups blueberries*

*4 tablespoons crushed graham crackers*

## directions

*In each of four plastic cups, layer  $\frac{1}{4}$  cup yogurt,  $\frac{1}{2}$  cup blueberries, and 1 tablespoon graham crackers. For a complete breakfast, serve one parfait to each child with  $\frac{3}{4}$  cup of milk.*



*Snack Crediting: 4 Servings for ages 1-5*  
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