

Breakfast Pear Parfait

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/breakfast-pear-parfait>

Ingredients

2 cups oat circles (cold cereal)

1 pear (chopped)

1 cup low-fat vanilla yogurt

Instructions

1. Put 1 cup oat circles into two small bowls.
2. Add ½ of the copped pears on top of the oat circles.
3. Top each bowl with ½ cup of low-fat yogurt.

Makes 2 servings.

Nutritional Information

Calories: NA	Dietary Fiber: NA
Total Fat: NA	Sodium: NA
Saturated Fat: NA	Protein: NA
Trans Fat: NA	Carbohydrates: NA
Cholesterol: NA	



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