



Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Banana Coconut Yogurt Parfait Kid Chef Eliana De La Casa, 16

INGREDIENTS

- 4 cups coconut yogurt, chilled
- 10 Graham crackers, finely crushed
- 4 bananas, cut into 1/4" rounds
- 2 tablespoons coconut flakes

DIRECTIONS

- 1. Place 2 teaspoons each of crushed graham crackers into four individual parfait glasses.
- 2. Add a 1/2" layer of yogurt.
- 3. Arrange 4 to 5 banana coins on top of the pudding.
- 4. Continue the layers to the top of the glasses.
- 5. Garnish with crushed Graham crackers and coconut flakes.

Source: Healthy Lunchtime Challenge Cookbook compiled by the Let's Move Initiative



