



Level 4 Breakfast Parfaits





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IDDSI LEVELS **4** **5** **6** **7**



INGREDIENTS

	1 Serving	4 Serving	8 Serving	16 Serving
Bran flakes cereal or granola (nut and seed free), crushed	1/2 cup	2 cups	4 cups	8 cups
Milk	1/4 cup	1 cup	2 cups	4 cups
THICK & EASY® Instant Food and Beverage Thickener Item: 17938	1 Tbsp	1/4 cup	1/2 cup	1 cup
THICK & EASY® Pureed Shaped Mixed Berries Item: 13883*, thawed	1 – 2.5 oz portion	4 – 2.5 oz portions	8 – 2.5 oz portions	16 – 2.5 oz portions
Greek yogurt of choice (smooth, and free of fruit chunks, nuts, seeds or other particulates)	1/2 cup	2 cups	4 cups	8 cups

*Try using THICK & EASY® Pureed Shaped Peaches or Pineapple in place of Berries

NUTRITION

Serving Size: 1 parfait
Calories: 300
Total Fat: 5g
Saturated Fat: 2.5g
Trans Fat: 0g
Cholesterol: 15mg
Sodium: 250mg
Total Carbs: 51g
Dietary Fiber: 4g
Total Sugars: 32g
Added Sugars: 17g
Protein: 16g
Vitamin D: 8% DV
Calcium: 20% DV
Iron: 70% DV
Potassium: 8% DV

DIRECTIONS

1. Soak granola or cereal in milk for 10-15 minutes or until soft.
2. Puree in food processor until smooth.
3. Add **THICK & EASY® Instant Food and Beverage Thickener** and blend until all powder is dissolved. (Adjust amount of thickener as needed to achieve desired consistency.)

ASSEMBLY:

4. Cut pureed berry portion in half. Spread one half in bottom of a glass parfait dish.
5. Top with 1/4 cup of yogurt and half of the pureed cereal or granola.
6. Repeat with another layer of pureed berries, yogurt and cereal or granola on top.
7. Serve immediately; or cover and chill until ready to serve.