



Picture by: Roxy's Kitchen

# DOLPHIN-TASTIC PARFAIT

;Make breakfast fun with this marine twist to a parfait!

\*Tip: Save the other halves of the bananas for another snack or cut them into slices and add it to the parfait.

**Serves:** 2

**Serving:** 1 parfait with dolphin

## WHAT YOU WILL NEED:

- 1/2 cup fruits of choice (e.g. grapes)
- 1/2 cup of water
- 1/4 teaspoon of white vinegar
- 2 paper towels
- 2 clear parfait cups
- 2 bananas
- knife
- 1 black/brown marker
- 1/2 cup granola with no added sugars
- 1 cup plain greek yogurt

## APPROXIMATE COST:

- Total Cost: \$0.49
- Cost per Serving: \$0.25

## INSTRUCTIONS:

1. Slice your fruit(s) of choice in halves or small pieces. Set aside in a bowl.
2. Mix the water and white vinegar.
3. Dip a paper towel in the water and vinegar mix and wipe the bananas with it and then dry.
4. With a marker, draw the two eyes on each of the bananas.
5. Cut the bananas in half.
6. Cut the stem of the banana in half to create a mouth for your dolphin.
7. Draw a pair of eyes with a marker.
8. Place your banana in the cup upright and center it.
9. Fill out the rest of the cup by adding half of the yogurt, then half of the granola, and half of the fruit. Repeat step 9.
10. Enjoy!

## NUTRITION FACTS:

- Calories: 221 Cal
- Carbohydrates: 38 g
- Protein: 13 g