BREAKFAST PARFAITS
DAIRY FARMERS OF CANADA
GRAPE AND WALNUT
STRAWBERRY BANANA
TROPICAL KIWI
COFFEE AND MASCARPONE
RASPBERRY AND RICOTTA
PUMPKIN SPICE

PUMPKIN SPICE

DAIRY PRODUCTS
- **¾ cup (175 mL)** vanilla Greek yogurt

FRUIT & CO.
- **⅓ cup (80 mL)** pumpkin purée *(not pumpkin pie filling)*
- **1 pinch** each of cinnamon and nutmeg
- **¼ cup (60 mL)** diced apple

Instructions: Combine the yogurt, pumpkin purée, cinnamon and nutmeg and mix well.

GRANOLA AND NUTS
- **¼ cup (60 mL)** granola
- **2 tbsp (30 mL)** chopped pecans

The first meal of the day ••• Breakfast options that provide enough carbohydrates, protein and fat will help you start your day on the right foot. With Breakfast Parfaits, you'll be ready to go. Make some for the whole family!

RASPBERRY AND RICOTTA

DAIRY PRODUCTS
- **¼ cup (60 mL)** Canadian Ricotta*
- **⅓ cup (80 mL)** raspberry yogurt

FRUIT & CO.
- **½ cup (125 mL)** frozen raspberries
- **½ tsp (2.5 mL)** vanilla extract
- **1 pinch** of cinnamon

Instructions: Combine the Ricotta, yogurt, raspberries, vanilla and cinnamon and mix well.

GRANOLA AND NUTS
- **¼ cup (60 mL)** granola
- **2 tbsp (30 mL)** chopped pecans

I'm hungry! ••• Dairy products contain protein, which helps you feel full after a meal. Make sure to get enough protein at breakfast—it's a great way to start the day.

For more recipe ideas with Ricotta, visit:* ***dfcplc.ca/YumRicotta*

COFFEE AND MASCARPONE

DAIRY PRODUCTS
- **2 tbsp (30 mL)** Canadian Mascarpone*
- **⅓ cup (80 mL)** vanilla yogurt

FRUIT & CO.
- **½** banana, sliced
- **1 tbsp (15 mL)** cocoa
- **½ tsp (2.5 mL)** instant coffee

Instructions: Combine the Mascarpone, yogurt, banana slices, cocoa and instant coffee and mix well.

GRANOLA AND NUTS
- **¼ cup (60 mL)** granola
- **1 tbsp (15 mL)** chopped pecans

Don't skip meals ••• Going camping or staying at a hotel? Pack a few Breakfast Parfaits in a cooler or lunchbox for a highly nutritious and affordable breakfast on the go.

For more recipe ideas with Mascarpone, visit:* ***dfcplc.ca/YumMascarpone*

TROPICAL KIWI

DAIRY PRODUCTS
- **¾ cup (175 mL)** coconut yogurt

FRUIT
- **1** kiwi, diced
- **¼ cup (60 mL)** diced fresh pineapple

GRANOLA AND NUTS
- **¼ cup (60 mL)** granola
- **2 tbsp (30 mL)** shredded coconut, unsweetened
- **1 tbsp (15 mL)** slivered almonds

Want to work in plain yogurt? ••• Plain yogurt has a more sour taste than the flavoured variety. Mix the two together for an easy way to introduce plain yogurt to your taste buds.

STRAWBERRY BANANA

DAIRY PRODUCTS
- **¾ cup (175 mL)** strawberry yogurt

FRUIT
- **¼ cup (60 mL)** strawberries
- **½** banana, sliced

GRANOLA AND NUTS
- **¼ cup (60 mL)** granola
- **2 tbsp (30 mL)** chopped peanuts

Bone health ••• Women aren't the only ones affected by osteoporosis. Although fewer men are diagnosed with the disease, they are susceptible as well. Consuming calcium-rich foods such as dairy products helps maintain healthy bones.

GRAPE AND WALNUT

DAIRY PRODUCTS
- **¾ cup (175 mL)** vanilla yogurt

FRUIT
- **½ cup (125 mL)** halved grapes

GRANOLA AND NUTS
- **¼ cup (60 mL)** granola
- **2 tbsp (30 mL)** chopped walnuts

Add fibre ••• Fibre plays many important roles in the body. Experiment with different seeds, like flax, hemp and chia, by sprinkling them on Breakfast Parfaits for a simple way to add fibre to your diet.

MEALS IN A JAR

BREAKFAST PARFAITS

These Breakfast Parfaits are sure to please!

Preparation: Place the ingredients in a jar in the following order: dairy products, fruit and other ingredients, granola and nuts. Cover tightly with the lid and refrigerate. Keeps up to 3 days.

Homemade granola recipe
- **2 cups (500 mL)** oats
- **½ cup (125 mL)** your choice of nuts and seeds
- **3 tbsp (45 mL)** honey or maple syrup
- **3 tbsp (45 mL)** olive oil
- **1 tsp (5 mL)** vanilla extract

Preparation: Preheat the oven to 300°F (150°C). Combine all the ingredients in a bowl, spread the mixture evenly on a baking sheet lined with parchment paper and bake for 20 minutes. Let cool and store in an airtight container.

If you opt for store-bought granola, be sure to check the fat and sugar contents and pick the product with the least amounts.

DAIRY FARMERS OF CANADA
BROUGHT TO YOU BY OUR DIETITIANS

FOR THE NUTRITIONAL INFORMATION OF THESE RECIPES, VISIT: **DFCPLC.CA/JARMEALS**

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