

Boost Up with Berries

Fun Fact: Berries are grown in the summer and taste most fresh from June to August.

Hello summer! For a nourishing snack or breakfast, choose plain regular or greek yogurt and add fruit. They can be fresh, frozen, or canned in 100% juice.

Yogurt is a good source of protein and calcium that supports a strong body. However, many flavored yogurts are made with as much added sugar as a candy bar. Sweeten the yogurt with natural sugars from fruit such as berries. The fruit will offer an extra boost of nutrition.

Nutrition Benefits

- ✓ Yogurt provides protein and calcium for strong bones and teeth
- ✓ Plain yogurt does not have any added sugars
- ✓ Berries provide vitamin C to keep us from getting sick
- ✓ Berries also provide fiber to help keep us full



How Your Child Can Help in the Kitchen

- Let them pick the fruit at the grocery store and ask them to describe the appearance, smell, and texture
- Wash the berries
- Scoop yogurt in to a bowl
- Let them decide how much fruit to eat with the yogurt

Triple Berry Parfait

Servings: 3-4 servings, ½ cup servings

Ingredients

- 2 cup plain yogurt (regular or greek)
- ¼ cup strawberries
- ¼ cup blackberries
- ¼ cup berries
- 1/2 cup granola or cereal (optional)
- Dash of cinnamon (optional)

Directions

1. Wash berries and cut strawberries in to bite size pieces. Set aside in a medium bowl.
2. Cover the bottom of 3 or 4 small glasses with a layer of yogurt.
3. Cover lay with berries of choice. Layer with yogurt and repeat until glass is almost full.
4. Sprinkle with a dash of cinnamon or granola for more flavor.

