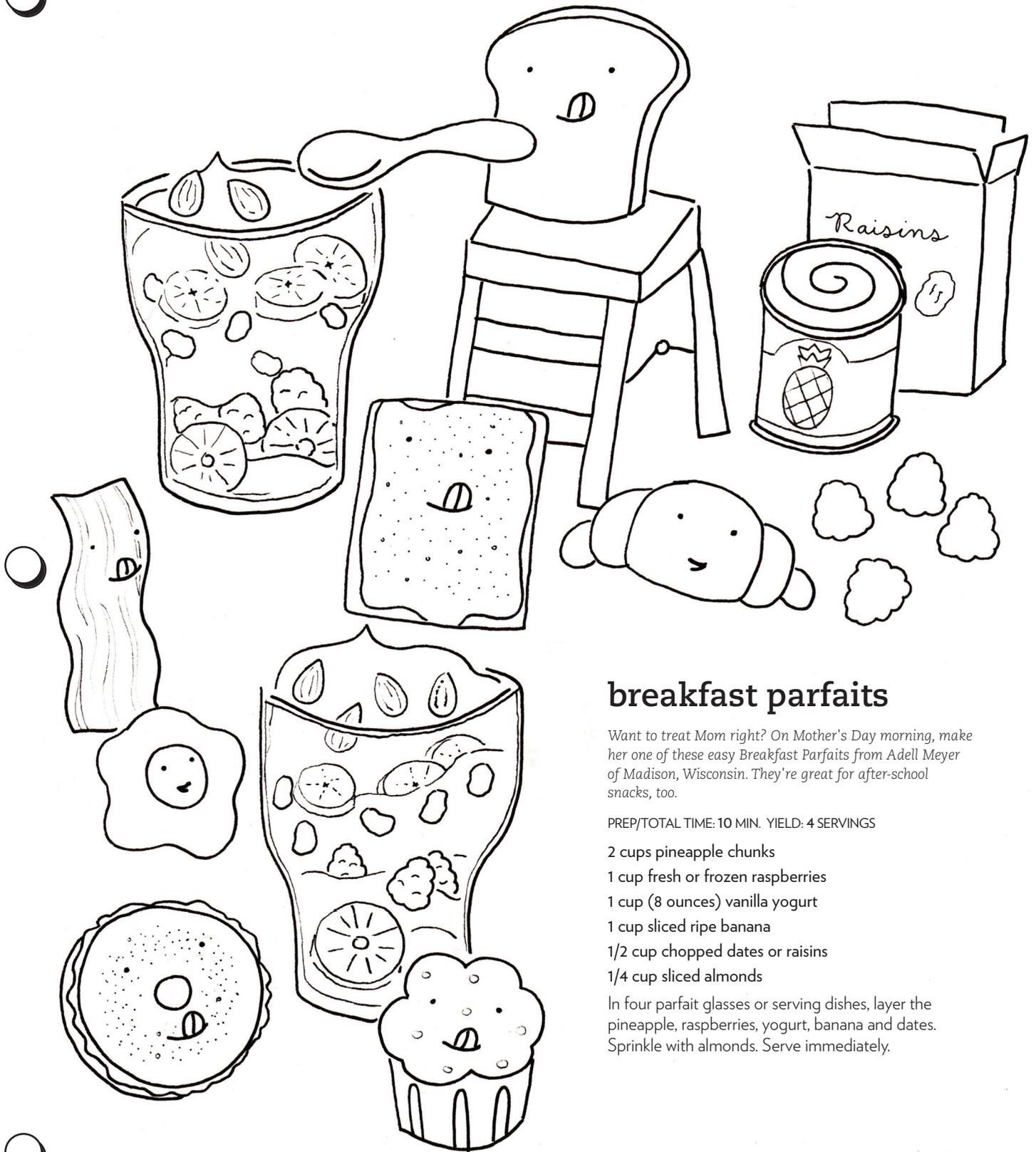


breakfast parfaits



breakfast parfaits

Want to treat Mom right? On Mother's Day morning, make her one of these easy Breakfast Parfaits from Adell Meyer of Madison, Wisconsin. They're great for after-school snacks, too.

PREP/TOTAL TIME: 10 MIN. YIELD: 4 SERVINGS

- 2 cups pineapple chunks
- 1 cup fresh or frozen raspberries
- 1 cup (8 ounces) vanilla yogurt
- 1 cup sliced ripe banana
- 1/2 cup chopped dates or raisins
- 1/4 cup sliced almonds

In four parfait glasses or serving dishes, layer the pineapple, raspberries, yogurt, banana and dates. Sprinkle with almonds. Serve immediately.

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