



# 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
<b>THICK &amp; EASY® Instant Food and Beverage Thickener</b> Item: 17938	1 Tbsp	1/4 cup	1/2 cup	1 cup
<b>THICK &amp; EASY® Pureed Shaped Mixed Berries</b> 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.