
Create Your Own Parfait

What is a Parfait?

- A parfait is an easy to prepare snack option that can be personalized to your liking. It is a great way to add calories, protein, and other important nutrients to your diet.

Instructions

- Simply combine and layer your favorite ingredients below. There is no right way to make a parfait. You can mix and match the ingredients to create your own recipe.
- Choose “unsweetened” if you’re concerned about added sugars.
- Choose “unsalted” if you’re concerned about sodium.

Parfait Layers

Almond Yogurt	Cultured Coconut Milk	Frozen Yogurt	Plain Greek Yogurt
Banana Pudding	Custard Pudding	Ice Cream	Plain Yogurt
Butterscotch Pudding	Flavored Gelatin	Ice Milk	Rice Pudding
Cashew Yogurt	Flavored Greek Yogurt	Gelatin	Soy Yogurt
Chocolate Pudding	Flavored Yogurt	Lemon Pudding	Tapioca Pudding
Cottage Cheese	Nutrition supplements (frozen)	Pistachio Pudding	Vanilla Pudding

Fruit: Fresh, Frozen, Dried, Freeze Dried and Canned

Apples	Clementine	Kumquat	Pineapple
Apricots	Cranberries	Mandarin Oranges	Plums
Banana	Dates	Mango	Pomegranate
Banana Chips	Figs	Nectarines	Prunes
Blackberries	Goji Berries	Oranges	Raisins
Blood Orange	Grapes (try freezing them!)	Papaya	Raspberries
Blueberries	Guava	Peaches	Strawberries
Cantaloupe	Honeydew Melon	Pear	Tangerine
Cherries	Kiwi	Persimmon	Watermelon

Sweets

Angel Food Cake	Coconut Flakes/Toasted Coconut	Dark Chocolate Chips	Mini Marshmallows
Brown Sugar	Cool Whip	Gummy Candies	Mint Chips
Carob Chips	Crushed Cookies	Honey	Vanilla Wafers
Chocolate Shavings	Crushed Sandwich Cookies	Maple Syrup	White Chocolate Chips

Extra Toppings for Added Flavor, Seasoning, and Fun

Almond Butter	Crushed Graham Crackers	Hazelnut Spread	Peanut Butter
Almond Extract	Crushed Nuts	Hemp Seeds	Pepitas (Pumpkin Seeds)
Avocado	Crushed Pretzels	Lemon Extract	Poppy Seeds
Caramel Sauce	Crystalized Ginger	Lemon or Lime Zest	Powdered Peanut butter
Chia Seeds	Dry Cereal	Maraschino Cherry	Strawberry Syrup
Chocolate Sauce	Powdered supplement	Nonfat Dry Milk Powder	Sunflower Seeds
Cinnamon	Granola	Oat Bran	Vanilla Extract
Cocoa Powder	Ground Flaxseed	Orange Zest	Wheat Germ

*Bolded items are high in protein

Sample Parfait Recipes

- **Strawberry Shortcake**
Angel Food Cake or Vanilla Wafers, strawberries, vanilla pudding or yogurt, whipped topping
- **Sailor's Treat**
Lime gelatin, lemon pudding, Greek Yogurt, whipped topping
- **Beach Vacation**
Banana pudding, mango or pina colada gelatin, fruit (try pineapple, banana and/or strawberries), topped with coconut
- **Banana Split**
Banana, chocolate pudding or frozen yogurt, vanilla pudding or frozen yogurt, strawberries, topped with whipped topping and a maraschino cherry

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- **Mixed Berry**
Vanilla pudding, vanilla wafers, berries, whipped topping
 - **Caramel Apple**
Vanilla yogurt or pudding, chunks of unpeeled apple or pear, caramel sauce, chopped nuts (optional)
 - **Orange Creamsicle**
Vanilla, custard pudding or orange cream yogurt, orange flavored gelatin, mandarin oranges
 - **S'mores**
Chocolate pudding, crushed graham crackers, marshmallow fluff or microwaved/roasted marshmallows
 - **Banana Boston Cream Pie**
Vanilla or custard pudding, chocolate pudding, Angel Food Cake or Vanilla Wafers, sliced or mashed banana
 - **Honey Nut Crunch**
Greek yogurt, cereal, honey, cinnamon, crushed cinnamon almonds (optional)

