

Create Your Own Parfait

Instructions: Mix and match the below ingredients to create your own recipe. There is no right way to make a parfait. Combine and layer whatever sounds good to you!

Choose “unsweetened” if you’re concerned about added sugars.
Choose “unsalted” if you’re concerned about sodium.

Parfait Layers

Plain Yogurt	Vanilla Pudding	Banana Pudding	
Cultured Coconut Milk	Greek Yogurt	Flavored Gelatin	Jell-O
Flavored Greek Yogurt	Flavored Yogurt	Chocolate Pudding	Frozen Yogurt
Butterscotch Pudding	Almond Yogurt	Custard Pudding	Soy Yogurt
Frozen Boost® or Ensure® supplement	Ice Cream	Tapioca Pudding	Pistachio Pudding
Ice Milk	Rice Pudding		

Fruit including Fresh, Frozen, Dried, Freeze Dried and Canned Fruits

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

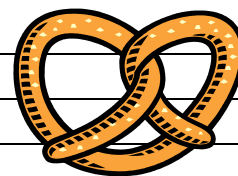
Sweets

Dark Chocolate Chips	Cool Whip	Maple Syrup	Angel Food Cake
Mini Marshmallows	Carob Chips	Honey	Vanilla Wafers
Crushed Cookies	Crushed Oreos	Mint Chips	Brown Sugar
Nonfat Dry Milk Powder	Chocolate Shavings	Coconut	Gummy Bears



Extra Toppings for Added Flavor, Seasoning and Fun

Maraschino Cherry	Caramel Sauce	Cinnamon
Chocolate Sauce	Crushed Graham Crackers	Avocado
Toasted Coconut	Wheat Germ	Dry Cereal
Chia Seeds	Hemp Seeds	Crushed pretzels
Granola	Nonfat Dry Milk Powder	Ground Flaxseed
Crushed Nuts	Oat Bran	Sunflower Seeds
Almond Extract	Poppy Seeds	Crystalized Ginger
Orange Zest	Lemon or Lime Zest	Pro-Stat® protein
Cocoa Powder	Vanilla Extract	Ensure® Powder
Hazelnut spread	Peanut Butter	Almond Butter



***Bolded items are high in protein**

Sample Parfait Recipes

Strawberry Shortcake: Angel Food Cake or Vanilla Wafers, strawberries, vanilla pudding or yogurt, Cool Whip

Sailor's Treat: Lime Jell-O, lemon pudding, Greek Yogurt, Cool Whip

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 Cool Whip and a Maraschino Cherry

Mixed Berry: Vanilla pudding, vanilla wafers, berries, Cool Whip

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, Cheerios® oat cereal, honey, cinnamon, crushed cinnamon almonds (optional)