

Breakfast | Snack

Pear and Quinoa Breakfast Parfait

5 Mins
Prep Time

0 Mins
Cook Time

1
Serving

598 Calories **12g** Fat **96g** Carbs **30g** Protein



Ingredients

1 Serving **5 Mins** Total Time **Allergens:** Nuts, Dairy

3/4 Cup Low-Fat Vanilla Flavored Greek Yogurt

1/2 Pear, chopped

1/2 Cup Cooked Quinoa

1/8 Cup Slivered Almonds

1 Tsp Honey

Sprinkle of cinnamon

Allergen Swap

Nuts Use sunflower seeds or other seed of choice

Dairy Use dairy-free yogurt

Nourishment Note



Quinoa

Quinoa is a gluten free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.



Pear

Pears are an excellent source of fiber to help lower cholesterol levels and promote heart health. Pears also contain high amounts of vitamin C, an important nutrient for those with multiple sclerosis.



Cinnamon

Cinnamon is a powerhouse antioxidant and spice. It contains high amounts of polyphenols, a type of nutrient that helps protect body cells from becoming damaged.

Instructions

1. Layer Ingredients

In a bowl or jar, alternate layering the yogurt, pear, and quinoa.

2. Add Toppings

Top the parfait with almonds, honey, and cinnamon.

Recipe created by Meijer Registered Dietitians:
Beth Eggleston, RD & Emily Parsell, RD

What You'll Need



Cutting Board



Bowl



Spoon



Measuring Cups



Measuring Spoons



Knife

Fatigue Buster

- Make the Basic Quinoa Recipe to have a quick and healthy whole grain option all week long.
- Use any fruit in season – berries require the least amount of prep work.