

Breakfast | Snack

# High-Energy Parfait

Side Effect: Weight Loss/Low Appetite

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Serving

**474** Calories **19g** Fat **69g** Carbs **14g** Protein



## Ingredients

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

$\frac{2}{3}$  Cup **Pasteurized** Whole Milk Vanilla Yogurt

$\frac{1}{2}$  Cup Granola

2 Tbsp **Roasted** Walnuts, chopped

2 Tbsp Dried Cherries

### Allergen Swap

**Nuts** Replace walnuts with ground flax seed or another type of seed such as pumpkin.

**Dairy** Replace the yogurt with a dairy-free version.

**Gluten** Use a gluten-free granola.

### Nourishment Note



#### Walnuts

Though high in calories, walnuts are rich in healthy omega-3 fatty acids, which are helpful for reducing inflammation.



#### Yogurt

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight-loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium, and vitamin D.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Layer Ingredients in Bowl & Enjoy

In a bowl, layer  $\frac{1}{3}$  cup yogurt,  $\frac{1}{4}$  cup granola, 1 Tbsp walnuts, and 1 Tbsp dried cherries. Repeat layers one more time and enjoy!

### 3. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Bowl



Measuring Cups



Measuring Spoons



Spoon

### Fatigue Buster

- Purchase pre-chopped walnuts to minimize prep time.
- Ask a friend or family member to help prepare this dish.