

Yogurt Parfait

Ingredients:

- Whole grain oats
- Fresh berries or other cut up fruit
- Vanilla yogurt
- Raisins, Kashi cereal, pepitas (optional)

Directions: Cook the oats in the rice cooker. Layer the vanilla yogurt, berries, and whole grains in a glass. Sprinkle raisins, cereal, and pepitas on top.



Pump it Up: Do you have stairs in your home? Try walking up and down them continuously for five minutes!



Food for Thought: Did you know that yogurt is made using bacteria? This is good bacteria that helps you digest food. Yogurt is also a source of calcium which helps to keep your bones strong!

Tasty Thoughts: _____

