



**BRAIN HEALTHY
COOKING**

Breakfast

Fruity Yogurt Parfait



Ingredients

6 OZ all natural Greek yogurt
1 TBS wheat germ
**½ TSP SLR's Saigon
Cassia Cinnamon**
Fresh fruit

OPTIONAL INGREDIENTS:

½ CUP low-fat granola
½ TSP Stevia or Truvia
*(a natural sugar substitute
made from the stevia plant,
found in most grocery stores)*

Directions

Yogurt Parfait is delicious for breakfast, a snack or even a dessert! You can layer the yogurt, granola and fruit in a clear glass or bowl for a lovely presentation or mix it all together for a quick preparation.

Use your favorite fruits in season and remember that the darker fruits, such as blueberries and raspberries, have the most “brain healthy” punch!

Experiment with different granolas to find the one you like best. Be sure to buy low-fat as some granolas are very high in calories.

