Banana Nut Parfait
Cooking with the Kiddo’s, April 26th

Ingredients:
- 1/8 teaspoon almond extract
- 1/8 teaspoon cinnamon
- 1 teaspoon sugar
- 6 oz container nonfat Greek yogurt
- 1/2 cup multigrain cheerios, divided
- 1 banana, sliced
- cinnamon, for sprinkling

Directions:
1. In a small bowl blend almond extract and sugar into yogurt.

2. In the bottom of a parfait glass, regular glass, or glass bowl, place 1/4 cup of cheerios. Over the cheerios, layer 3 oz of yogurt and then 1/2 of the banana slices. Repeat this layering pattern, using the remainder of the layering ingredients (cheerios, yogurt, banana).

3. Lightly sprinkle with cinnamon and enjoy!

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