

Yogurt Parfaits



Serves: 1

INGREDIENTS

6 ounces (180 grams)
unsweetened, plain, yogurt

Optional toppings/mix-ins

Fresh or dried fruit, nuts, seeds (e.g., flaxseeds, pepitas, chia seeds, or hemp seeds), granola, spices (e.g., ground cinnamon, ginger, clove, nutmeg, or cardamom), honey, maple syrup, pure vanilla extract, unsweetened shredded or flaked coconut, cocoa nibs, cocoa or carob powder, and more

Nutrition info: varies widely depending on yogurt and toppings chosen. Make sure to read the Nutrition Facts Label and Ingredient List on the yogurt purchased as well as toppings used to better understand the nutrition information for this recipe.

Buying yogurt these days is confusing—so many brands appear healthy but are loaded with sugar! Your best bet is to find a brand of unsweetened, plain, or Greek-style yogurt that you like, and then flavor and sweeten to your individual taste. Many of the yogurt options at the market—both plant-based and dairy—are highly sweetened. For plant-based yogurts, read labels to find options that are both unsweetened and fortified with calcium and vitamin D. If buying brands with little or no calcium, make sure you have other good sources of calcium in your diet (see Introduction and the “Amount of Calcium in Non-dairy and Dairy Foods” handout). If you cannot find a plant-based yogurt without added sugar, aim for one with less than 8 grams of sugar per 6-ounce (180-gram) serving, as this would be the amount of naturally occurring sugars from lactose in plain, unsweetened dairy yogurt. Some examples of toppings are shared in this recipe, but your imagination is the limit!

INSTRUCTIONS

1. Add yogurt to a bowl, add toppings or mix-ins of your choice, and enjoy! Alternatively, for a fancier presentation, layer yogurt and toppings in several alternating layers in a glass jar or cup so the colors of the ingredients are visible through the glass or jar.



Examples of toppings that could be used for steel-cut oats, yogurt parfaits, and more!

Clockwise from top left: Toasted walnuts, raisins, dried apricots, blueberries, raspberries, sliced almonds, dried cranberries. Center left-to-right: cashews, coconut flakes.

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.