YOGURT PARFAIT WITH FRUIT & GRANOLA



A Creamy, Colorful Little Bowl for Growing Appetites

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This simple yogurt parfait combines creamy plain yogurt with fresh fruit for an easy breakfast, lunch, or snack. Blueberries add natural sweetness, while soft apple pieces bring a little variety in texture.
It's quick to assemble and easy to adapt to your toddler's eating skills.
Prep Time: 5–10 minutes
Cook Time: None
Total Time: 5–10 minutes
Yield: 1 toddler portion

YOU'LL NEED

- **½ cup plain, pasteurized yogurt**
- **¼ cup blueberries**
- **¼ small apple**
- **1 tablespoon soft, toddler-appropriate granola, optional**

For younger toddlers, simply leave out the granola. Yogurt and properly prepared fruit make a simple option on their own.

ALL YOU HAVE TO DO

1. Prepare the yogurt: Spoon the plain yogurt into a small bowl.
2. Wash the blueberries: Rinse the blueberries thoroughly under clean running water.
3. Prepare the blueberries: Flatten or cut them into smaller, age-appropriate pieces. Do not serve whole blueberries to young children.
4. Prepare the apple: Wash and peel the apple.
5. Soften if needed: If your toddler cannot safely manage raw apple, steam or cook it until completely soft.
6. Cut the apple: Cut the softened apple into small, manageable pieces.
7. Assemble the parfait: Add the prepared blueberries and apple pieces to the yogurt.
8. Add granola if suitable: Sprinkle a small amount of soft, toddler-appropriate granola on top, if its texture is suitable for your child's eating ability.
9. Serve fresh: Serve immediately while the yogurt is cool and the fruit is fresh.

Toddler-Friendly Serving Tips

- Choose a plain, unsweetened yogurt with a smooth texture.
- Make sure apple pieces are soft enough for your toddler to manage.
- Flatten or cut blueberries appropriately rather than serving them whole.
- Keep the granola out if it contains hard clusters, whole nuts, seeds, or other difficult textures.
- Serve a small portion in a shallow bowl to make scooping easier.
- Keep your toddler seated upright and supervise closely while eating.

Choosing the Right Yogurt

Plain, unsweetened, pasteurized yogurt is a simple choice for this recipe.
Look for:

- No added sugar
- A smooth, creamy consistency
- Pasteurized milk
- A product stored and refrigerated according to its package instructions

Plain yogurt lets the natural sweetness of the fruit shine without needing extra sweeteners.

Granola Safety

Granola can contain hard clusters, nuts, seeds, and dried fruit that may be difficult for young children to chew safely.
For younger toddlers, leaving it out is the simplest option. If you choose to include it, select a soft, age-appropriate product without hard pieces or large clusters.

Easy Variations

- Banana Parfait: Replace the apple with ripe, mashed banana.
- Strawberry Yogurt Bowl: Add finely chopped, soft strawberries.
- Apple Cinnamon Bowl: Add a small pinch of cinnamon to the yogurt and softened apple.
- Creamy Banana & Blueberry: Mix mashed banana into the plain yogurt before adding the prepared blueberries.

Make-Ahead and Storage Tips

- Fruit Preparation: Wash and prepare the fruit shortly before serving whenever possible.
- Apple: Cooked apple can be refrigerated in an airtight container and used within 3–4 days.
- Yogurt: Keep refrigerated at 40°F (4°C) or below and follow the package's storage instructions.
- Assembled Parfait: This recipe is best assembled just before serving. Granola can become soggy when left in yogurt.
- Leftovers: Refrigerate promptly if untouched and not exposed to your child's saliva. Discard food left in your toddler's eating bowl.

A Little Mealtime Reminder

A simple bowl can offer plenty of opportunities to explore food. Let your toddler enjoy the creamy yogurt, discover the natural sweetness of fruit, and practice scooping at their own pace.

Creamy yogurt, colorful fruit, and a little everyday goodness in every spoonful.