

Senior Farmers' Market Nutrition Program



Nevada Department of Agriculture, Food & Nutrition Division



Breakfast Pear Parfait

Serves: 2

Ingredients:

- ♦ 2 Cups Oat Circles (Cereal)
- ♦ 1 Pear, Chopped
- ♦ 1 Cup Low-Fat Vanilla Yogurt

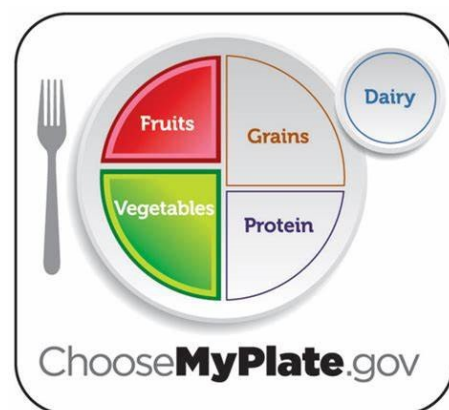
Directions:

- ♦ Put 1 cup oat circles into 2 small bowls
- ♦ Add 1/2 chopped pears on top of the oat circles
- ♦ Top each bowl with 1/2 cup of low-fat yogurt

Recipe Source: USDA

Eat fruits/vegetables in season!

All fruits and vegetables are ripe in different seasons. Fruits/vegetables in season are usually higher quality and are cheaper to purchase; whenever possible, eat in season!



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