Senior Farmers’ Market
Nutrition Program

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

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!

Recipe Source: USDA

Contact Information
Phone: 775-353-3758
Email: fnd@agri.nv.gov