

Breakfast | Snack

High-Energy Parfait

Side Effect: Weight Loss/Low Appetite

5 Mins
Prep Time

0 Mins
Cook Time

1
Serving

 **474** Calories **19g** Fat **69g** Carbs **14g** Protein



Ingredients

 **1** Serving  **5 Mins** Total Time  **Allergens:** Nuts, Dairy, Gluten

$\frac{2}{3}$ Cup **Pasteurized** Whole Milk Vanilla Yogurt 

$\frac{1}{2}$ Cup Granola

2 Tbsp Roasted Walnuts, chopped 

2 Tbsp Dried Cherries

Allergen Swap

Nuts Replace walnuts with ground flax seed or another type of seed such as pumpkin.

Dairy Replace the yogurt with a dairy-free version.

Gluten Use a gluten-free granola.

Nourishment Note



Walnuts

Though high in calories, walnuts are rich in healthy omega-3 fatty acids, which are helpful for reducing inflammation.



Yogurt

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight-loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium, and vitamin D.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Layer Ingredients in Bowl & Enjoy

In a bowl, layer $\frac{1}{3}$ cup yogurt, $\frac{1}{4}$ cup granola, 1 Tbsp walnuts, and 1 Tbsp dried cherries. Repeat layers one more time and enjoy!

3. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Bowl



Measuring Cups



Measuring Spoons



Spoon

Fatigue Buster

- Purchase pre-chopped walnuts to minimize prep time.
- Ask a friend or family member to help prepare this dish.