

Breakfast | Snack

Pear and Quinoa Breakfast Parfait

5 Mins Prep Time

0 Mins **Cook Time**

Serving

598 Calories 12g Fat 96g Carbs

30g Protein



Ingredients

Dairy Use dairy-free yogurt

5 Mins Total Time Allergens: Nuts, Dairy 1 Serving 3/4 Cup Low-Fat Vanilla Flavored Greek Yogurt ½ Pear, chopped 👣 ½ Cup Cooked Quinoa 🖤 1/8 Cup Slivered Almonds 1 Tsp Honey Sprinkle of cinnamon (1) Allergen Swap Nuts Use sunflower seeds or other seed of choice

Nourishment Note



Quinoa

Quinoa is a gluten free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.



Pear

Pears are an excellent source of fiber to help lower cholesterol levels and promote heart health. Pears also contain high amounts of vitamin C, an important nutrient for those with multiple sclerosis.



© Cinnamon

Cinnamon is a powerhouse antioxidant and spice. It contains high amounts of polyphenols, a type of nutrient that helps protect body cells from becoming damaged.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Layer Ingredients

In a bowl or jar, alternate layering the yogurt, pear, and quinoa.

3. Add Toppings

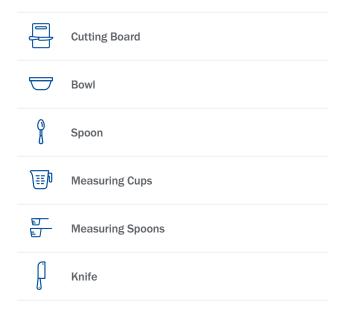
Top the parfait with almonds, honey, and cinnamon.

4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Fatigue Buster

- Make the Basic Quinoa Recipe to have a quick and healthy whole grain option all week long.
- Use any fruit in season berries require the least amount of prep work.