

# KID-FRIENDLY PUMPKIN PARFAITS



When you make this healthy treat with your kids, they can help every step of the way!

## INGREDIENTS:



1 1/2 cups plain yogurt



1 tbsp (or to taste)  
maple syrup or honey



1/4 tsp  
pumpkin pie  
spice

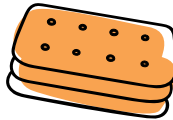
1 cup pumpkin puree,  
canned or homemade



2 bananas (optional)



2 cups granola or crushed  
graham crackers



## INSTRUCTIONS:

- 1 Make the pumpkin yogurt: mix 1 cup of the yogurt, the pumpkin puree, pumpkin pie spice, and maple syrup until well combined.
- 2 If you choose to use bananas, peel them and chop them into bite-sized pieces.
- 3 Place a layer of granola/graham cracker crumbs in the bottom of small jars or cups. Add more layers of the pumpkin yogurt, then the banana. Add a second layer if you want!
- 4 Top each cup with a small dollop of the remaining plain yogurt and a little additional granola/graham crackers, plus a small sprinkle of pumpkin pie spice. Refrigerate until you're ready to snack and serve these chilled.

## WHAT CAN YOUR KIDS DO?

**Mixing, crushing, measuring, cutting, assembling!**  
Half the reason this recipe is so excellent is that your kids can basically do it themselves, with your guidance.

- 1 If you're using graham crackers instead of granola, put them in a resealable bag and let your kids smash them into crumbs. They will love this.
- 2 Adding bananas? Your kids can practice their knife skills and do the slicing!
- 3 Have your kids do the measuring and talk about the numbers they see.

Allowing your kids to assemble the parfaits will be a lot of fun and a little messy, it will help them practice their listening skills, and they will enjoy making decisions about how big their layers are, how much crumble to add in, and when to lick their fingers!