

Watermelon Breakfast A Go Go

- ½ cup low fat granola
- ¾ cup de-seeded watermelon chunks
- 5 ounces low fat banana yogurt

In a large, cylindrical glass or “to go” container, create a parfait by layering ingredients in this order:

1. Low fat granola
2. Small chunks of watermelon
3. Low fat banana yogurt
4. Low fat granola
5. Small chunks of watermelon
6. Low fat banana yogurt

Garnish with a slice of banana, toasted almonds or coconut, and chunks of watermelon.

Makes 1 parfait.



www.watermelon.org

www.watermelon.org

Watermelon Breakfast A Go Go

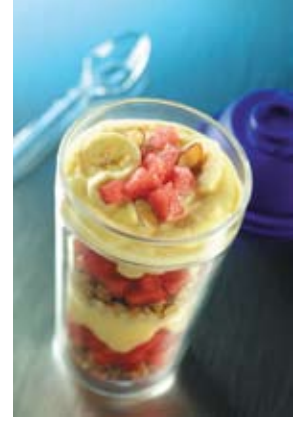
- ½ cup low fat granola
- ¾ cup de-seeded watermelon chunks
- 5 ounces low fat banana yogurt

In a large, cylindrical glass or “to go” container, create a parfait by layering ingredients in this order:

1. Low fat granola
2. Small chunks of watermelon
3. Low fat banana yogurt
4. Low fat granola
5. Small chunks of watermelon
6. Low fat banana yogurt

Garnish with a slice of banana, toasted almonds or coconut, and chunks of watermelon.

Makes 1 parfait.



www.watermelon.org

www.watermelon.org



½ cup low fat granola
¾ cup de-seeded watermelon chunks
5 ounces low fat banana yogurt

In a large, cylindrical glass or “to go” container, create a parfait by layering ingredients in this order:

1. Low fat granola
 2. Small chunks of watermelon
 3. Low fat banana yogurt
 4. Low fat granola
 5. Small chunks of watermelon
 6. Low fat banana yogurt
- Garnish with a slice of banana, toasted almonds or coconut, and chunks of watermelon.
- Makes 1 parfait.



½ cup low fat granola
¾ cup de-seeded watermelon chunks
5 ounces low fat banana yogurt

In a large, cylindrical glass or “to go” container, create a parfait by layering ingredients in this order:

1. Low fat granola
 2. Small chunks of watermelon
 3. Low fat banana yogurt
 4. Low fat granola
 5. Small chunks of watermelon
 6. Low fat banana yogurt
- Garnish with a slice of banana, toasted almonds or coconut, and chunks of watermelon.
- Makes 1 parfait.

