



Smoothie & Parfait Breakfast Recipes

Find these and other recipes online at nutritionconnection.org

Chunky Monkey Smoothie

<https://nutritionconnection.org/recipe-lunch-cold-week-4-day-5-chunky-monkey-smoothie-2/>



Fruit Smoothie

<https://nutritionconnection.org/wp-content/uploads/2020/10/Recipe-Breakfast-Hybrid-Week-3-Day-3-Breakfast-Fruit-Smoothie.pdf>



Asteroid Peach Parfait

<https://nutritionconnection.org/recipe-breakfast-cold-week-4-day-2-asteroid-peach-parfait-2/>



Berries and Yogurt Parfait

<https://nutritionconnection.org/recipe-lunch-hybrid-week-1-day-3-fruit-and-yogurt-parfait-berry-2/>



Yogurt Muffin Parfait

<https://nutritionconnection.org/recipe-yogurt-muffin-parfait/>



AMERICAN DAIRY ASSOCIATION NORTH EAST



Cups



Smoothies



Dips



Parfaits