



Yummy Yogurt Parfait for One

By Erin Fletter

Prep Time 7 / Cook Time 2 / Serves 1 - 2

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

layer: to arrange foods in layers, such as sliced fruit in a pie or tart, or sliced potatoes in a potato gratin; or to build flavors by adding seasonings or foods that may be dissimilar but complement the overall dish.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

scoop: to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

slice: to cut into thin pieces using a sawing motion with your knife.

spread: to apply a food, like butter, soft cheese, nut butter, jam, or frosting to another food, such as a cracker, bread, or cake using a butter knife or spatula.

Equipment

- Microwave
- Parchment paper
- Small bowl
- Dry measuring cups
- Measuring spoons
- Metal spoon to stir
- Clear cup or glass (does not need to be microwave-safe)
- Cutting board

- Kid-safe knife (a butter knife works great)

Ingredients

Yummy Yogurt Parfait for One

- 1/4 C oats **** (for GLUTEN ALLERGY use certified gluten-free oats)****
- 1 T vegetable oil ******
- 1 T honey
- 1/4 C fruits of your choice, choose 2 (strawberries, banana, blueberries, raspberries, blackberries)
- 2/3 C (5 to 6 oz) Greek yogurt **** (for DAIRY ALLERGY sub dairy-free/nut-free Greek yogurt OR coconut cream from top of canned coconut milk)****

Food Allergen Substitutions

Yummy Yogurt Parfait for One

Gluten/Wheat: Use certified gluten-free oats.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Dairy: Substitute dairy-free/nut-free Greek yogurt OR coconut cream from top of canned coconut milk for Greek yogurt.

Instructions

Yummy Yogurt Parfait for One

measure + stir

First we will prepare the granola for the parfait. Measure and add **1/4 cup oats, 1 tablespoon vegetable oil**, and **1 tablespoon honey** to a small bowl. Stir with a spoon until the oats are evenly coated.

line + spread

Carefully tear a sheet of parchment paper out of the box, approximately 12 to 15 inches long. Spread the coated oats out onto the parchment paper, in an even layer, toward the center of the paper. Carefully carry the paper to the microwave, without allowing the oats to shift much.

microwave + stir + spread

Cook in the microwave for 30 seconds. Stir the oats around and spread them out again.

microwave + cool

Microwave again for 30 seconds at a time, until the oats have cooked for a total of 2 minutes. Carefully remove the paper with the granola and allow it to cool.

slice + fruit layer

Next, we will prepare the yogurt parfait with multiple layers. Slice **1/4 cup of bananas, strawberries, or other fruit of your choice**. Layer some of your first fruit choice in the bottom of your glass (save some of the fruit for the other layers).

scoop + yogurt layer

Scoop a small amount of the **2/3 cup of Greek yogurt** with a spoon and layer it on top of the fruit layer (save some of the yogurt for the other layers).

sprinkle + granola layer

Sprinkle a layer of your granola on top of the yogurt (save some of the granola for the other layers).

repeat + layer

Repeat with layers of some of your second fruit choice, more yogurt, and more granola. Repeat until all of your parfait ingredients are gone.

Featured Ingredient: Yogurt!

Hi! I'm Yogurt!

"I'm a creamy and tangy food, and I'm very versatile! I work with both savory and sweet dishes. I also have less fat and more protein than sour cream, but you can often cook with me in the same way!"

History & Etymology

Yogurt's origin is undetermined. The earliest yogurts may have been spontaneously fermented by bacteria on plants or milk-producing animals. Historians believe it may have emerged during the last Stone Age, sometime between 10,000 to 4,500 BCE, when the Neolithic people began domesticating animals. Ancient Grecians, Romans, and Persians ate a yogurt-like dairy product called "oxygala" (οξύγαλα). They would eat it with honey. These days people often eat plain yogurt with honey, especially Greek yogurt. Greek yogurt is strained, which eliminates the whey and other liquids, causing it to be thicker and have more tang than regular yogurt. It also has two times the amount of protein. It is called Greek-style yogurt if it is thickened by adding powdered milk or another dry thickener. People with lactose intolerance may have less trouble eating it.

In 1916, Isaac Carasso of Barcelona introduced packaged yogurt to Europe. He dubbed it Danone, his son Daniel's nickname.

Yogurt with added fruit jam was introduced in 1933 in Prague. Dannon, the North American subsidiary of Danone, produced a fruit-on-the-bottom yogurt in 1947.

The word "yogurt" is from the early 17th century and is derived from the Turkish "yoğurt" (pronounced "yohght").

How Is it Made?

Yogurt is a fermented dairy product made with milk. The bacteria used to ferment the milk is called the yogurt culture or starter. During fermentation, the lactose (the sugar in milk) is converted into lactic acid, which gives yogurt its tangy flavor and changes the milk protein, resulting in yogurt's texture.

In various parts of the world, yogurt may be made from cow's milk, the most common source, or the milk of camels, goats, sheep, water buffalo, and yaks.

Soy yogurt, a dairy-free alternative, is made from soy milk, which is not an animal product, as it is made from soybeans.

Milk is first heated to about 185 degrees F to kill undesirable bacteria and alter the milk proteins so that they set together rather than form curds. The milk is then cooled to about 113 degrees F. Next, the bacteria culture or starter is added, and the temperature is kept at 86 to 113 degrees F for 6 to 12 hours to allow fermentation.

If mold develops on the yogurt, toss it, as scraping off the top, visibly moldy layer does not entirely remove mold that has seeped into the rest of the yogurt.

How to Eat It

You can eat plain yogurt by itself or with some honey or fruit. You can also buy yogurt that has already been sweetened and with fruit or fruit jam added.

You can add plain yogurt to salad dressings, dips, sauces, and soups. It can add extra tang and richness to meat and poultry dishes in place of sour cream and brings tang and moisture to pancakes, cakes, and other baked goods. A fun way to eat fruit-flavored yogurt is in pies and frozen yogurt popsicles.

Nutrition

Yogurt is rich in protein, vitamins B12 and riboflavin (B2), and the minerals phosphorus and calcium. Some studies found that eating 80 grams per day of low-fat yogurt was connected with a lower risk of developing type 2 diabetes and aiding bone health and digestion.