

# SIMPLE YOGURT PARFAIT

*Recipe developed by  
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	Ingredients	Exchanges (use your child's)
Heavy Cream	Works with both no cream and with whipped heavy cream	
Protein	Yogurt (flavored or unflavored)	All protein exchanges
Fat	Canola oil	All fat exchanges
Carbohydrate	Carbohydrate of choice (examples: applesauce, raspberries, strawberries or banana)	All carbohydrate exchanges
Other	(optional) Keto-approved syrups or artificial sweeteners	

## DIRECTIONS

- If using heavy cream (refer to your child's individual meal plan), whip using an electric mixer until fluffy and stiff.
- Calculate the ingredients using your child's individualized meal plan and ketogenic diet manual.
- In a small bowl, combine the weighed yogurt, canola oil, whipped heavy cream (if using), and carbohydrate of choice.
- If desired, add a keto-approved artificial sweetener for added flavor (only ~1 teaspoon or less is needed).
- Stir all ingredients together until smooth.

## VARIATIONS

- This recipe can be served as a yogurt parfait or it can be frozen in miniature silicone molds to make peanut butter candies. If making frozen yogurt candies, the fruit will distribute smoother if chopped.
- This recipe can be kept in the refrigerator for 5-7 days in a sealed storage container, or stored in the freezer as miniature candies for up to 2 months.
- Other proteins can be used such as chopped nuts when calculated to the proper protein exchange.
- Canola oil has the most neutral taste and therefore should not be substituted for a different oil.