RECIPE:

**Yogurt Parfait**

**INgredients**
- 10 cups (about 86 oz.) low-fat and unsweetened Greek or coconut yogurt
- 5 cups of granola (Refer to The Teaching Kitchen at Lenox Hill Neighborhood House’s Cookbook Recipe)
- 5 cups of fresh fruit like apples, bananas, melon, and berries, etc. Try to use seasonal and sustainable fruit.
- 4 tablespoons honey
- Optional: chia seeds, dried coconut flakes, slivered almonds (or nut of your choice), honey, goji berries, peanut butter, orange zest, flax seeds, additional honey

**Preparation prior to lesson**
- Wash all fruit
- Peel fruit if necessary, remove seeds and stems, etc., and cut into pieces that will be easy to later dice into very small pieces for the parfait
- Gather remaining ingredients and materials

**Materials**
- 1 large bowl for yogurt
- Medium bowls for each type of fruit (whole fruit initially held in these, and then once you have cut fruit into bite-sized pieces, put those pieces back into the bowls)
- 1 grater for orange zest
- Small bowls for all additional parfait ingredients (such as dried fruit, nuts, seeds, etc.)
- 20 small bowls for clients to sample final product
- 20 small metal spoons to sample final product
- 20 napkins
- 2 sets of gloves, or more if clients will be participating
- Disinfectant wipes
- Dish bin or bag for dirty dishes
- 20 bilingual printed recipes to distribute
- 20 handouts
- 1 printed script for personal reference

**Learning Objectives**
Understand how to make a customized yogurt parfait

Learn about probiotics and gut health

Know the difference between prebiotic and probiotic foods

**Classroom Setup**
1. Set up chairs facing the table you will be using for your demonstration.
2. Use disinfectant wipes to clean tables before demo begins
3. Set out stacks of handouts and recipes for clients to take as they enter, or pass them out before you begin
4. Place all pre-measured ingredients and other materials close by

**Duration:** 1 hour  
**Season:** Winter  
**Age Group:** Adults  
**Group Size:** 10-15
INTRODUCTION
Hello! How is everyone’s day going so far? My name is ___, and today we will be making yogurt parfaits with fruit and granola.

Let’s go around and say our names, and our favorite breakfast food. I’m ___, and my favorite breakfast food is ___.

Pause for all participants to go around and say her/his/their name and favorite breakfast food.

Has anyone here had a parfait before?
Pause for participants to share parfait experiences and ask follow-up questions about what ingredients they’ve tried in the parfaits.

The ingredients we will use today are: List the type of yogurt, type(s) of fruit, and toppings you have chosen

NUTRITION HIGHLIGHT: PROBIOTICS AND PREBIOTICS

Probiotics
Humans have roughly 100 trillion microorganisms, representing more than 500 different species, living in a healthy, normal gut. Probiotics are healthy bacteria and yeasts that supplement the natural system of living bacteria present in the human digestive system. These bacteria are crucial in helping your digestive system to break down food.

Both healthy and unhealthy bacteria occur naturally in your body; however, they can also be found in outside sources such as probiotic supplements and fermented foods. Common foods with probiotics include:

- Yogurt
- Kimchi
- Sauerkraut
- Kombucha
- Miso paste

These foods help to promote the growth of good bacteria in your body.

Prebiotics
Prebiotics are a type of dietary fiber, and act as food for the healthy bacteria already existing in your body. Prebiotics do not actually contain bacteria, but rather help pre-existing bacteria grow. Some sources of prebiotics include fruits, vegetables, beans and whole grains. Specifically, onions, garlic, leeks, soybeans, chicory root, honey, bananas, and Jerusalem artichokes.

Probiotics and Prebiotics
Combining probiotics and prebiotics in diet has been shown to have many health benefits, including treating diarrhea, irritable bowel syndromes (IBS), allergies, and other inflammatory diseases. The bacteria in our gut plays a large role in our health, especially in the immune system, digestion and absorption, metabolism, brain functions, and mood.

Yogurt Comparison
Let’s discuss the differences between Greek yogurt, regular yogurt, and Kefir. Greek yogurt contains live and active cultures, which makes it a type of probiotics. Greek yogurt has almost double the protein of regular yogurt. However, Greek yogurt has up to three times as much saturated fat as regular yogurt. Regular yogurt also contains more calcium and probiotics than Greek yogurt. Kefir, which is a fermented milk product, has more probiotics than either of the other two.
DEMO INSTRUCTIONS
1. Cut the fruit into very small pieces. Place in bowls.
2. Pour unsweetened yogurt into a large mixing bowl. Over the bowl, grate the orange so that the zest falls directly onto the yogurt. Drizzle honey on yogurt, and stir all together.
3. Invite participants to participate in stirring (provide gloves for all).
4. Get sampling bowls and spoons ready. Then, set out granola alongside all additional toppings with spoons for serving.
5. Is everyone ready to try our creation?
6. Either create individual bowls for each participant with fruit, yogurt, granola, and other toppings or allow clients to come up to the table and make their own so that they may choose what to include.
7. Enjoy!

FOLLOW-UP
What would you add to this dish?
What was your favorite parfait topping?
Is anyone planning to try this recipe at home? What will you include in your parfait?
Does anyone have any last questions?

WRAP UP
Thank you all for coming! You were all excellent participants, and I hope you learned something about prebiotics and probiotics!

Remember to take the handout and recipe home with you. Have a great rest of your day. See you next time!

Gather dirty dishes in dish bin. Clean tables.
### Why this recipe?
1. Yogurt contains probiotics
2. Probiotics are healthy bacteria and yeasts that supplement the natural system of living bacteria present in the human digestive system.

### Ingredients
- 1 cup plain, greek or coconut yogurt, unsweetened
- ½ cup granola
- ½ cup fruit
- Optional: chia seeds, slivered almonds, honey, goji berries, peanut butter, orange zest

### Instructions
1. Pour ½ cup yogurt into a small bowl.
2. Top yogurt with ¼ cup granola and ¼ cup fruit.
3. Pour remaining yogurt on top.
4. Place the rest of the granola and berries on top.
5. Enjoy!
Older Adults Cooking Workshop
Lesson Plan

Yogurt Parfait