HEALTHY YOGURT PARFAIT

INGREDIENTS:
- 1 cup yogurt (Greek yogurt can be a substitute)
- ¼ cup of berries (blackberries, raspberries, or blueberries)
- ¼ cup of strawberries (sliced)
- 1 tablespoon of chia seeds (optional)
- ¼ cup of granola

INSTRUCTIONS:
1. Place half of the yogurt into a small container or bowl.
2. Layer with berries and strawberries.
3. Top with the rest of the yogurt.
4. Add chia seeds (optional.)
5. Finish with granola on top.
6. Get creative by changing up the yogurt flavors and fruit types!

“I like yogurt because it has a lot of nutrients and it gives me energy to play well on the field.”
- DANIEL NORRIS
INGREDIENTS:
- ½ Cup tomato sauce
- ¼ Tsp garlic powder
- ¼ sp Italian herbs
- 6 Mini bagels (any flavor, whole wheat for a healthier twist), split in half
- ¾ Cup mozzarella cheese, shredded
- 4-6 Mini Pepperoni’s (optional)

INSTRUCTIONS:
1. Preheat oven to 425 degrees.
2. Stir the tomato sauce and herbs in a bowl to combine.
3. Place the bagels on a cookie sheet and coat each one with sauce.
4. Sprinkle with 2 teaspoons of the mozzarella.
5. Bake for 10 minutes.
6. Cool and serve.
Optional: Add mini pepperonis on top of the cheese (can substitute pepperoni for any pizza topping of preference.)