Recipe
Takes 10 minutes
Makes 5 servings

YOU WILL NEED:
- mixing bowl
- whisk
- measuring cups
- spoons
- plastic parfait cups

Ingredients
For 5 servings
- 2 cups cold, skim milk
- 1 3.4-ounce package instant vanilla pudding mix
- 5 whole grain graham cracker sheets
- 2.5 cups assorted berries
  (such as strawberries, blueberries and raspberries)

Preparation
1. Put milk in a medium mixing bowl. Sprinkle the pudding mix over the milk and whisk until thick (about 2-3 minutes of whisking).
2. Break up the graham cracker sheets into small pieces.
3. To make the parfaits, layer ½ of the graham cracker sheets in the bottom of 5 clear parfait cups, top each one with 3 tablespoons of pudding, then top each one with ¼ cup of berries. Repeat the layering process again, topping the berries with the other half of the graham crackers, then 3 tablespoons of pudding and ¼ cup of berries.
DIRECTIONS
1. Fill in the blank in the bubble.
2. Color the cow.
3. Trace the Vitamin “D” which comes from the sun.

___________ is vitamin D-licious!"