

Week 4: Milk

Skim Milk Pudding Parfait



Recipe
Takes 10 minutes
Makes 5 servings

YOU WILL NEED:

mixing bowl
whisk
measuring cups
spoons
plastic parfait cups

Ingredients
For 5 servings

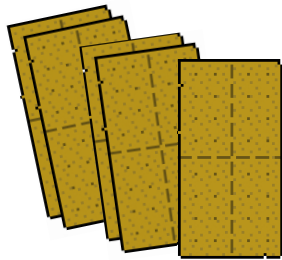
2 cups cold, skim milk
1 3.4-ounce package instant vanilla pudding mix
5 whole grain graham cracker sheets
2.5 cups assorted berries
(such as strawberries, blueberries and raspberries)



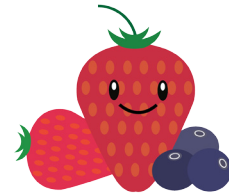
2 cups cold skim milk



one 3.4-ounce package instant vanilla pudding mix



5 whole grain graham cracker sheets



2.5 cups assorted berries

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 $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ cup of berries.

Week 4: Milk

Skim Milk Pudding Parfait



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!"

