

# Henry's Roar-some Blueberry-Pineapple Parfait



This healthy snack made of fresh fruits and yogurt is a huggle-tastic way for your preschooler to get involved in the kitchen. He'll have fun layering the fruits and yogurt to resemble Henry's yellow-and-blue stripes.

## Ingredients

- 1 ½ cups fresh blueberries
- 2 cups fresh pineapple cubes
- 1 8-ounce container Greek yogurt

## Directions

1. In a large glass, place a small handful of fresh blueberries.
2. Place a layer of yogurt on top.
3. Place a generous spoonful of fresh pineapple chunks on top of the yogurt.
4. Place another layer of yogurt on top of the pineapple.
5. Repeat steps 1-4 until you reach the top of the glass.



## Reminders

- All actions involving knife cutting, cooking, and stove usage should be handled by a grown-up.
- Ask parents if partygoing children have any food allergies.