

Life With ASD

Making Parfait



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A great snack or breakfast is a strawberry parfait! Parfaits are delicious, healthy, and helpful as an on-the-go snack when we have a busy lifestyle. Here you will find schedules for making a parfait using strawberry yogurt, vanilla yogurt, strawberries, and cheerios. Enjoy!

What I Need:

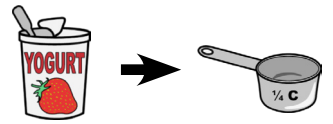
My recipe (see p. 2)
1 cup for parfait
Strawbery yogurt: 1/4 cup
Vanilla yogurt: 1/4 cup
Cheerios: 1/4 cup
2 strawberries
1 spoon
Measuring cup

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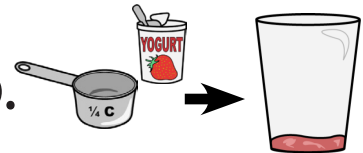
Reminder: This is only one example.
This template may need to be individualized to fit your particular needs.

Making Parfait

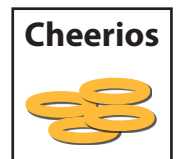
Get a cup and strawberry yogurt.



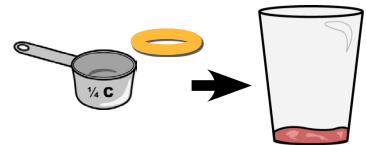
Put 1/4 cup strawberry yogurt in cup.



Get Cheerios.



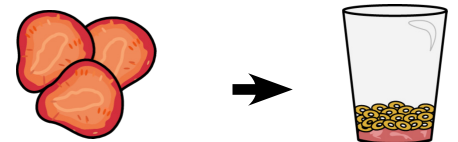
Put 1/4 cup Cheerios in cup.



Get 2 strawberries and slice into thin pieces.



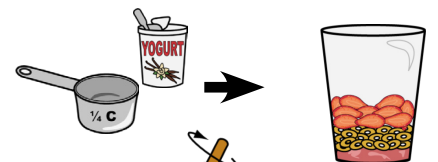
Put strawberries in cup.



Get vanilla yogurt.



Put 1/4 cup vanilla yogurt in cup.



Get a spoon, stir, and enjoy!



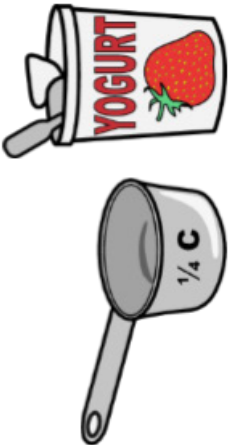
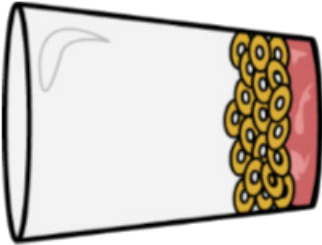

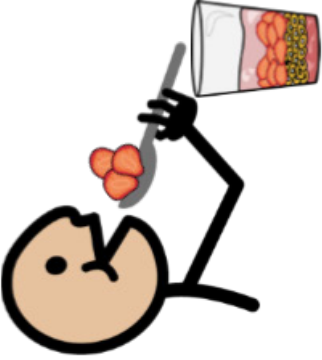
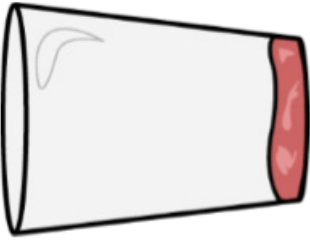

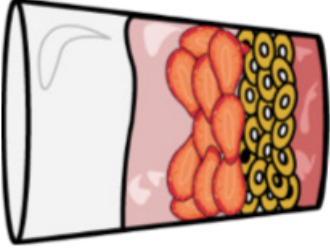
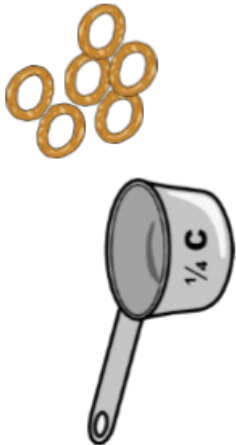
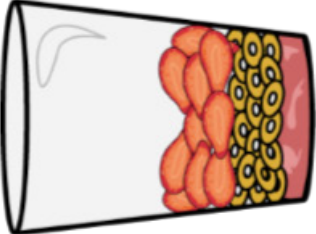
Enjoy!

Making Parfait

1. Get a cup and strawberry yogurt.
2. Put $\frac{1}{4}$ cup strawberry yogurt in cup.
3. Get Cheerios.
4. Put $\frac{1}{4}$ cup Cheerios in cup.
5. Get 2 strawberries and slice into thin pieces.
6. Put strawberries in cup.
7. Get vanilla yogurt.
8. Put $\frac{1}{4}$ cup vanilla yogurt in cup.
9. Get a spoon, stir, and enjoy!



Enjoy!

<p>Scoop $\frac{1}{4}$ cup strawberry yogurt</p> 	<p>Pour in cup</p> 	<p>Scoop $\frac{1}{4}$ cup vanilla yogurt</p> 	<p>Eat</p> 
<p>Pour in cup</p> 	<p>Scoop $\frac{1}{4}$ cup sliced strawberries</p> 	<p>Pour in cup</p> 	
<p>Scoop $\frac{1}{4}$ cup Cheerios</p> 	<p>Pour in cup</p> 	<p>Stir with a spoon</p> 