



A simple and delicious recipe that allows your autistic kiddo to practice their fine motor skills and explore different food textures!



INGREDIENTS:

- Greek yogurt
- 1/2 cup strawberries
- 1/2 cup blueberries
- 1/2 cup blackberries
- 1/2 cup raspberries
- 1/2 cup granola

Berry Yummy Parfait

HOW TO MAKE:

1. Prepare your berries by helping your kiddo wash and chop the fruit into smaller pieces.
2. Grab your container and layer a few spoonfuls of yogurt at the bottom. The amount will depend on the size of your container.
3. Layer half of your berries onto your yogurt layer.
4. Add a few spoonfuls of granola over your berries.
5. Repeat the steps by layering your yogurt over the granola.
6. Finish off the final layer with a bit of granola, and enjoy!