

Make a Healthy Snowman Breakfast

Wake up and create a fun, healthy snowman with your learner! As a family, create a snowman on your plate with yogurt, add some snowman accessories, and design a snowy environment. Even though this recipe calls for specific ingredients, you can substitute for items your family enjoys. Yes, the snowman is made mostly of healthy ingredients, but you can also sweeten your breakfast a little with some chocolate chips and sprinkles! This recipe makes one snowman. Multiply the recipe by the number of people that want to eat a snowman to get the total amount of ingredients needed for a family breakfast.

What You Need:

- Plate
- Measuring cup
- Spoons
- 1 cup of vanilla greek yogurt
- Corn or wheat flakes
- 1 pint of red berries
- 2 tablespoons of raisins
- Chocolate chips for the eyes and mouth
- Blueberries, or blue sprinkles for the buttons
- White sprinkles for the snowflakes
- Any other healthy garnish your learner would like to add to their yogurt, like nuts.

What You Do:

1. Have your child measure one cup of vanilla yogurt. Reserve a teaspoon for the hat pompom.
2. Tell your child to spoon the yogurt onto a plate and create two circles, one on top of the other.
3. Ask your child to place the red berries in a triangular fashion on top of the snowman "head" to create a hat. Have your child add the dollop of yogurt to create the hat pompom.
4. Have your child make the scarf and nose using raisins. Then have your child place the blueberries for the buttons.
5. Let your child design the mouth with chocolate chips and place the chocolate chip eyes.
6. Tell your child to use the flakes as the snow underneath the snowman and add randomly placed white sprinkles to serve as falling snowflakes.
7. Enjoy the snowman together, or make your own as well!

You can also make a few snowmen ahead of time with your child. It can be a fun activity, and a way for your child to serve others this winter season. Guests and family members can wake up to a nice breakfast surprise!



Author: Jennifer Sobalvarro

Copyright © 2025 Education.com LLC All Rights Reserved