



Yogurt Parfait

Servings 6 | Prep time 10 mins. | Total time 10 mins.

Equipment:

Cutting board
Small bowls

Utensils:

Knife,
Spoon for layering ingredients
Measuring cups and spoons

Ingredients

4 cups (fresh or frozen) fruit, thawed
3 cups vanilla low-fat yogurt
1 1/2 cups granola
2 tablespoons almonds, sliced (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. If using fresh fruit, peel, and/or trim as needed. Cut fresh or frozen fruit into 1/2 inch thick slices.
3. Layer 1/4 cup yogurt into each of 6 cups or bowls. Top with 1/4 cup sliced fruit and 2 tablespoons of granola.
4. Repeat layers one more time, ending with a layer of granola.
5. Top with sliced almonds (if using).

Nutritional Information:

Calories 260
Total Fat 2g
Sodium 125mg
Total Carbs 50g
Protein 8g