# **YOGURT PARFAIT**

# **MATERIALS**

6 cups or bowls Cutting board Measuring cups Measuring spoons Sharp knife

# **YIELD**

Six servings

such as mixed berries, bananas, strawberries, peaches, or mango 3 cups nonfat plain yogurt 1 1/2 cups granola

4 cups fresh or thawed frozen fruit,

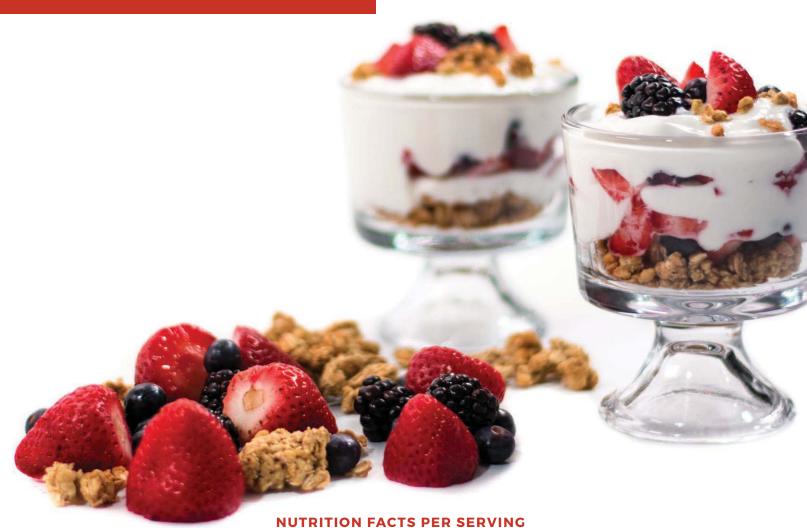
**INGREDIENTS** 

## **OPTIONAL INGREDIENTS**

2 tablespoons almonds, sliced

DISH: DESSERT

FOOD GROUP(S): **FRUIT, DAIRY** 



Calories: 260, Total fat: 4.5g, Sodium: 90mg, Cholesterol: 5mg, Total carbohydrates: 19g, Dietary fiber: 4g, Protein: 9g

## **DIRECTIONS**

- 1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into 1/4-inch thick slices. There should be about 3 cups total.
- 2. Layer 1/4 cup yogurt into each of 6 cups or bowls.
- 3. Top with 1/4 cup sliced fruit and 2 tablespoons granola.
- 4. Repeat layers one more time, ending with a layer of granola.
- 5. Top with sliced almonds (optional).

## **CHEF'S NOTES**

- ▶ Layer parfait just before serving to keep granola crunchy.
- ▶ Use any high-fiber cereal you like instead of granola.
- > Try topping with rinsed, chopped, fresh mint leaves for extra flavor and color.
- ▶ To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- ▶ Use leftover fruit in fruit smoothies.
- ▶ Use homemade granola.

Recipe adapted from http://www.cookingmatters.org.