

Enjoy!

YOGURT PARFAIT

MATERIALS

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

YIELD

Six servings

INGREDIENTS

4 cups fresh or thawed frozen fruit,
such as mixed berries, bananas,
strawberries, peaches, or mango
3 cups nonfat plain yogurt
1 1/2 cups granola

OPTIONAL INGREDIENTS

2 tablespoons almonds, sliced

DISH: **DESSERT**

FOOD GROUP(S):
FRUIT, DAIRY



NUTRITION FACTS PER SERVING

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>.

[click to return to table of contents](#)