



# YOGURT FRUIT PARFAIT

- Ready In: 5 minutes
- Serves: 2

## Ingredients:

- 1 cup low-fat vanilla or plain yogurt
- 1 cup berries (washed and dried)
- 1/2 cup low-fat granola

## Directions

- Spoon 1/2 cup yogurt into a small dessert dish.
- Layer with 1/2 cup berries and 1/4 cup granola.
- Stir to combine.
- Repeat steps 1 through 3 in another small dish.



ALWAYS wash fruits and veggies when preparing for cooking or eating. When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission." to live not on the recipe card, but as the description of each image.