



Yogurt Parfait

SERVES: 6 PREP TIME: 5 min. COOK TIME: 5 min.

Ingredients:

4 cups fresh or thawed frozen fruit

Berries, banana, peaches, or mango

3 cups nonfat plain yogurt

1 ½ cups granola

2 Tablespoons sliced almonds

Directions:

In individual bowls place a scoop of yogurt.

Top with berries, granola, and almonds.

Source: CookingMatters.org

