



# Pineapple Peach Parfait

Makes 3 servings | Grains • Dairy • Fruit

## Ingredients

- 1 cup fresh or frozen peaches, unsweetened (slightly thawed if frozen)
- ½ cup pineapple chunks
- 2 cups low-fat vanilla yogurt
- ½ cup granola

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Layer yogurt, fruit, and granola in three glasses.
3. Repeat layers until glass is full. Serve and Enjoy.



UNIVERSITY  
OF WYOMING

Extension



Cent\$ible  
Nutrition  
Program

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

1-877-219-4646 | <https://uwyo.cnpp.org/> | [cnpp-info@uwyo.edu](mailto:cnpp-info@uwyo.edu)