

Mixed Fruit Parfait

Makes 3 servings | Grains • Dairy • Fruit

Ingredients

- 1 cup fresh, frozen, or dried fruit of choice (cherries, apples, blueberries, strawberries, peaches, pears, pineapple, etc.)
- 2 cups low-fat yogurt, vanilla, plain, or your favorite flavor
- ½ cup granola or crushed cereal (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If fruit is frozen, allow it to thaw. Cut large pieces of fruit into bite-sized pieces.
3. Layer a small amount of yogurt and fruit in three glasses.
4. Repeat layers until glass is full.
5. Top with granola or crushed cereal (optional).
6. Serve and enjoy.



Extension



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 local CNP educator.

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