



## Yogurt Parfait

Servings 6 | Prep time 10 mins. | Total time 10 mins.

**Equipment:** Cutting board, Colander, Bowls for serving

**Utensils:** Knife, Spoon for layering

### Ingredients

4 cups fresh or thawed frozen fruit (bananas, strawberries, peaches, or mango)

3 cups non-fat vanilla yogurt

1 1/2 cups granola

2 tablespoons sliced almonds (optional)

### Instructions

1. Before you begin wash your hands, surfaces, utensils and fruit.
2. If using fresh fruit, peel and/or trim as needed. Cut fresh or frozen fruit into 1/2 inch thick slices.
3. Layer 1/4 cup of yogurt into each of the serving cups or bowls. Top with 1/4 cup sliced fruit and 2 tablespoons of granola.
4. Repeat layers one more time, ending with a layer of granola.
5. Top with sliced almonds, if using.



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