

**: 1 Parfait**

**: 1**

**5 minutes**

**1/2 cup vanilla nonfat yogurt**

**3/4 cup of fresh fruit**

**1/4 cup granola with lots of nuts/seeds**

- 1. Layer 1/4 cup vanilla yogurt into the bottom of a tall glass or cup**
- 2. Alternate layers of fruit and granola with yogurt until the glass is filled to the top**
- 3. Enjoy the parfait immediately to keep granola crunchy.**

<b>Apples</b>	<b>Apples</b>	<b>Apples</b>	<b>Blackberries</b>
<b>Bananas</b>	<b>Bananas</b>	<b>Apicots</b>	<b>Blueberries</b>
<b>Cherries</b>	<b>Grapefruit</b>	<b>Bananas</b>	<b>Cherries</b>
<b>Kiwi</b>	<b>Kiwi</b>	<b>Kiwi</b>	<b>Peaches</b>
<b>Mangos</b>	<b>Oranges</b>	<b>Pineapples</b>	<b>Raspberries</b>
<b>Pineapples</b>	<b>Pears</b>	<b>Strawberries</b>	<b>Watermelon</b>