

Yogurt Parfait

Total Time: 15 minutes

Servings: 6 parfaits



Ingredients

- 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 3 cups nonfat plain yogurt
- 1 ½ cups granola
- Optional ingredients:
 - 2 tablespoons sliced almonds

Directions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into 1/4-inch slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into 6 cups or bowls.
3. Top with ¼ cup sliced fruit and 2 tablespoons granola.
4. Repeat layers one more time, ending with a layer of granola.
5. If using, top with sliced almonds.