



Fruit and Yogurt Parfaits

A serving of yogurt layered with fruit and granola.

Serving Size – Serves 8, 1 parfait per serving

Ingredients

- 1 32 oz container of yogurt, vanilla or flavored
- Assorted fruit
- 1 ½ - 2 cups of granola
- Honey to taste, optional

Instructions

1. In jars or cups, layer yogurt, fruit, and granola. Refrigerate overnight or serve right away.



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