

"COOKING CORNER"

Parfait

Ingredients:

- 1 container of yogurt
- Fruit varieties: (fresh or thawed frozen fruit)
blue berries, strawberries, chopped apples, peaches, ...
- *applesauce
- granola or chopped crispy nuts and seeds

DIRECTIONS:

Chop fruit, if necessary

Clear bowls / cups are suggested for an eye pleasing end product

Layer the yogurt, fruit, grains, repeat

Once fruit and yogurt are layered, sprinkle with the granola

