

Yogurt and Fruit Parfaits

 BY SITE ADMIN







Makes: 4 servings

Category:

Dairy | Home/Family

Ingredients

Yogurt and Fruit Parfaits

- 3 cups

Vanilla nonfat yogurt
- 1 cup

Fresh or defrosted frozen strawberries
- 1 pint

Fresh blackberries, raspberries or blueberries
- 1 cup

Granola

Yogurt and Fruit Parfaits Directions

1.

Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine defrosted strawberries with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.

Recipe notes

Source: **The Food Network**

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