



## Yogurt Fruit Parfait

Makes 1 serving | Serving size: 1 cup

### Ingredients Needed:

- 1 cup low-fat or nonfat vanilla yogurt
- 1/4 cup frozen fruit
- 1/4 cup breakfast cereal or [Three Ingredient Granola](#)

### Directions:

1. Choose a tall clear glass.
2. Put a large spoonful of yogurt in the bottom of the glass.
3. Next put half of the frozen fruit pieces on the yogurt.
4. Put another spoonful of yogurt on top of the fruit.
5. Next put half of the cereal on top of the yogurt.
6. Follow with another spoonful of yogurt and the other half of the frozen fruit.
7. Finish with a small scoop of yogurt and top with the rest of the cereal. Enjoy!

### Variation:

- Winter months are the time to enjoy fresh citrus fruits such as oranges, grapefruit and clementines. Frozen berries and peaches make great replacements for fresh fruit.
- Create festive parfaits like this one for 4th of July!