

# Fruit & Yogurt Parfaits

Makes 4 child-sized or 2 adult-sized servings.

## Ingredients:

2 C. low-fat yogurt, plain or flavored

1 c. fruit (blueberries, strawberries, peaches, bananas, kiwi fruit)

1 c. breakfast cereal (granola, bran flakes or toasted O's)

## Directions:

1. Divide 1 c. yogurt evenly in four small glasses.
2. Put 2 tbsp. fruit on top of yogurt.
3. Put 2 tbsp. cereal over fruit.
4. Repeat layers – yogurt, fruit, cereal.
5. Enjoy immediately!



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