

YOGURT PARFAITS

COOKEE'S TOOL KIT

Measuring cups & spoons
Chef's Knife
Paring Knife
Cutting Board
Bowls for fruits
Serving spoons & cups



Ingredients

6-8 plastic cups

20-28 ounces low-fat Yogurt

2 or 3 of your favorite fruits (strawberries, banana, orange segments, peaches, blueberries or raspberries, grapes, or mango.

½ Cup granola, flavored rice cakes, or crushed graham crackers

1 Tablespoon honey or maple syrup

** Optional - ½ C your favorite nuts, sliced, chopped or slivered (almonds, macadamia, walnuts, pecans, flax seeds)

Directions

Select 1 ½ Cups of 2 or 3 favorite fruits. These can be sliced, diced, chopped, pureed, fresh or frozen. Choose 2 or 3 of fruits such as strawberries, raspberries, blueberries, orange segments, peach slices, currants, grapes (sliced in ½ and seeds removed if needed), apple slices or cube the apples, banana, mango, guava, pears, mixed fruit for frozen varieties.

1. Place 2 T yogurt in the bottom of the cup.
2. Select a variety of fruit.
3. Place 1/8 C of the fruit on top of the yogurt.
4. Then add a few nuts of your choice, top with 1 T honey or maple syrup.
5. Then repeat the process and select a 2nd favorite fruit that tastes good with the first fruit that was picked.
6. You can even add a 3rd layer and top it with chocolate shavings or 1t jelly or jam if you want. Or you may top with 1 T of granola, flavored rice cakes or crushed graham crackers.



This breakfast or desert can be made ahead of time and stored in the refrigerator for up to 2 days.

Makes about 6-8 parfaits

Prep time: 10 minutes