



FRUIT SALAD PARFAIT

Ingredients (1 Serving)

- Your favorite fresh fruit and/or canned fruit packed in water or juice
- Yogurt (unsweetened or greek yogurt)
- Unsweetened whole grain or bran cereal
- Parfait dishes (or regular)

Directions

- Wash and cut all fruits and put into a large bowl.
- If using canned fruit, drain and empty it into the bowl with the prepared fresh fruit.
- Spoon layers of fruit, yogurt and whole grain cereal into your glass.



**eat great
& participate**

Supporting Wellness through Healthy Eating