Fruit and Yogurt Parfaits

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 4 servings

Ingredients:

3 cups vanilla Greek yogurt
1 cup fresh or defrosted frozen fruit
1 cup granola (see recipe for *Homemade Granola Mix*)

Method of Preparation:

1. Layer a third of the cup of the yogurt equally into the bottom of four tall glasses.
2. Alternate layers of fruit and granola with yogurt until glasses are filled to the top.
3. Sprinkle granola on top for garnish.
4. Serve parfaits immediately to keep granola crunchy.

Nutritional Analysis:
Calories: 310
Carbohydrates: 46 g
Sodium: 80 mg
Protein: 21 g
Fat: 6 g
Fiber: 4 g

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