



GEORGINA



The Perfect Parfait

RECREATION AT HOME

#LetsCook30Challenge

Servings: 8

Ready in about: 10 minutes

Ingredients:

- 2 cups fresh fruit, any kind
- 2 cups plain or flavoured yogurt
- 1/2 cup homemade granola or crunchy high fibre cereal

Instructions:

1. Wash the fruit.
2. Cut and dice fruit into bite size pieces.
3. Place 2 tablespoons (tbsp) of cut up fruit at the bottom of each cup (Clear cups will show the layers!)
4. Cover the fruit with 2 tbsp of the yogurt.
5. Sprinkle 1/2 tbsp of the granola or cereal on top of each cup.
6. Repeat, layering with the rest of the fruit, yogurt and granola or cereal to each cup.

Tips:

- Try a mixture using banana slices, strawberries, blueberries or oranges
- Canned fruit can be used but look for fruit that is packed in water or juice
- Frozen fruit can be used too but let it thaw for about 30 minutes before using
- See Homemade Granola recipe. Granola can be made in advance and stored in an airtight container

Nutrition Tip:

To reduce the saturated fat in this recipe, we used low fat yogurt (2% M.F. or less)

For more fun, healthy recipes, check out York Region's **#LetsCook30Challenge**

