Breakfast Parfait
Makes 12 half-cup servings

Ingredients:
3 cups chopped apple or other fruit (fresh, canned or frozen)  
(approx. 3 medium apples)  
2 cups low-fat yogurt, plain or vanilla  
1⅓ cups low-fat granola or your favorite whole grain cereal

Instructions:
1. Drain canned fruit; thaw frozen fruit.  
2. Cut fruit into bite size pieces.  
3. Place ¼ cup fruit in bottom of cup or bowl.  
4. Spoon 2-3 Tablespoons yogurt on top of the fruit.  
5. Spoon 2 Tablespoons cereal on top of the yogurt.

Fruit ideas: Apple, banana, or fresh, canned or frozen peaches, pineapple, strawberries, blueberries, etc.

Cereal ideas: Low-fat granola or a whole grain cereal with flakes and clusters. If use granola, use plain yogurt since granola is usually very sweet.

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP, 2007