Breakfast Parfait
Makes 6 – 1 cup servings

Ingredients:
2 cups low fat granola
2 ½ cups low fat yogurt (any flavor)
2 cups of any fresh or canned fruit

Directions:
1. Layer in a glass or cup: 1/3 cup granola, 1/3 cup yogurt, 1/3 cup fruit.
2. Top with a spoonful of yogurt.

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.