

PROJECT: GET IT DONE TOGETHER

Rise and Shine Parfait

Adult Supervision Required | Nut free, gluten free

Ingredients:

- 4 cups fat-free vanilla yogurt
- 2 medium peaches, chopped
- 2 cups fresh blackberries
- 1/2 cup granola without raisins or Kashi Go Lean Crunch cereal

Instructions:

1. Layer half the yogurt, peaches, blackberries and granola into 4 parfait glasses.
2. Repeat layers.

Tips:

Try different fruit “themes” in your parfait, such as mixed berries, tropical fruit (mangos, pineapple, banana, kiwi), citrus (oranges, grapefruit, mandarins), winter fruit (apples and pears, dried dates, apricots or figs), or stone fruits (peaches, plums, fresh apricots)

Makes 4 servings

Total time: 15 minutes

Nutrition Information per serving:

259 calories, 3g fat (0 saturated fat), 7mg cholesterol, 6mg sodium, 48g carbohydrate (27g sugars, 7g fiber), 13g protein.

