
FRUIT SALAD PARFAIT



Market Ingredients:

1/2 cup sliced favorite fresh fruit(s)

-apples, peaches, pears

1/2 cup berries

-strawberries, blueberries, mulberries, etc.

From Your Kitchen Ingredients:

1 cup low-fat yogurt

Granola or graham crackers for topping (optional)

Directions: Spoon 1/4 cup yogurt into each glass. Add 1/2 cup fruit. Top with 1/4 cup yogurt. Top with granola or crushed graham crackers, if desired. Serves 2. *Note: Create a variety of flavors by using different combinations of fruit.*

Recipe from: http://www.mass.gov/agr/markets/farmersmarkets/resources_consumers_recipes

www.MiChildrensMuseum.com

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