










# Recipe for: Fruit, Granola & Yogurt Parfait!

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## Grocery List:

-  1 cup fresh fruits of choice
-  Blueberries
-  Strawberries
-  Grapes
-  Bananas
-  1/2 cup low fat vanilla yogurt
-  1/2 Cup granola









## Inventory:

-  Parfait Glass
-  Spoon

-  = Adult needs to help!
-  = Kitcheneer approved activity!

Makes 1-2 servings.

## Directions:

-  Place Granola in the bottom of the glass
-  Cover with yogurt
-  Add fruit of choice
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-  Add fruit of choice
-  Set completed one in the fridge to cool while you make another, when they are all done serve with a spoon and a smile!!

*where kids rule the kitchen!*