

# LAYERED YOGURT PARFAITS

**PREP TIME: 10 min**  
**COOK TIME: N/A**  
**SERVINGS: 4**  
**SERVING SIZE: 1/2 cup**



## INGREDIENTS

- 4 cups plain or vanilla yogurt
- 4 cups fresh berries or chopped fruit
- 1 cup granola

## DIRECTIONS

1. Put  $\frac{1}{2}$  cup yogurt in a bowl.
2. Top with  $\frac{1}{2}$  cup fruit. Repeat steps 1 and 2.
3. Top with  $\frac{1}{4}$  cup granola and enjoy!



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