



**Ingredients**

- ✓ ½ cup plain or vanilla yogurt (low or full fat)
- ✓ ¼ cup granola
- ✓ ¾ cup fruit
- ✓ 1 tsp. maple syrup (optional)

**Notes:**

- Use your favorite in season fruit (blueberries, blackberries, oranges, pineapples, apples, bananas).
- Canned or frozen fruit can also be used.
- Peel the fruit if necessary and cut into bite size pieces or slices.

**Preparation**

In a bowl or glass put about half of the yogurt. Top with about half of the fruit, then half of the granola. Make another layer; add the rest of the yogurt, then the rest of the fruit, then top with the rest of the granola. Drizzle maple syrup over the parfait if you like and serve.