



Clallam
Mosaic

*Empowering people with developmental disabilities
for a more viable community*

FRUIT PARFAIT

Ingredients

Quantity for 1	
½ cup	Low fat plain Greek yogurt
¼ cup	Blueberries
¼ cup	Raspberries
4	Strawberries sliced
½ cup	Granola

Directions

- 1) Clean fruit. If using frozen fruit, thaw to room temperature and drain excess liquid.
- 2) Cut fruit as needed.
- 3) Mix fruit together. You should have ¾ cup of mixed fruit
- 4) Put ¼ cup yogurt in glass.
- 5) Add ¼ cup of fruit over yogurt.
- 6) Add granola on top of fruit.
- 7) Put another ¼ cup of fruit on top of the granola.
- 8) Put remaining yogurt over the fruit.
- 9) Top with remaining fruit.