

# FRUITY FRENZY YOGURT PARFAIT

Easy Recipe

Introducing the Fruity Frenzy Yogurt Parfait! Get ready for a taste explosion with this fun and easy recipe. It's a fruity adventure in every bite – yum!

**PREP TIME:**

2 minutes

**COOKING TIME:**

N/A

**AMOUNT RECIPE MAKES:**

1 serving

**SKILLS USED:**

Measuring, cutting, mixing/stirring

**Nutrition Nuggets:** Yogurt is packed with calcium, which is super important for building strong bones and teeth!

**Leftover Love:** Chop or dice extra fruit and keep it in the fridge in a sealed container to use for a fruit salad, a topping on oatmeal, or in a smoothie.

**Food for Thought:** “Parfait” means “perfect” in French! This dish got its name because of its perfectly layered appearance.

## EQUIPMENT:

- Small bowl
- Spoon for mixing/stirring
- Measuring cups and spoons
- Knife
- Cutting board
- Tall glass or a bowl for serving

## INGREDIENTS:

- 3/4 cup plain 2% Greek yogurt or other plain yogurt (vegan yogurt or lactose-free yogurt can also be used)
- 1/4 teaspoon of cinnamon
- 1 teaspoon maple syrup or honey
- 1/2 cup fresh fruit, chopped or diced (strawberries, blueberries, bananas, mango, etc.)
- 1/4 cup Grand Granola or cereal you like (gluten-free can be used if necessary)

## DIRECTIONS:

1. Mix together the yogurt, cinnamon and maple syrup or honey in a medium bowl
2. Spoon half of the yogurt mixture into a tall glass or bowl.
3. Top with half of the fruit and half of the granola.
4. Repeat steps 2 and 3 with the remaining ingredients. Serve and enjoy.