

# EarlyON Child and Family Centre

## Yogurt Parfait

### INGREDIENTS

- 2 cups vanilla or plain yogurt
- 1 cup granola
- Any fresh fruit you like

### Instructions

1. In a large glass, layer 1 cup yogurt, 1/2 cup granola and 4 blackberries. Repeat layers.



Recipe By: Natalie

“This is delicious for breakfast, snack, even for a dessert! It looks great in a glass, but can also be made in a bowl. Use your favorite fruit, or whatever is in season.” The recipe can be found here:

<https://www.allrecipes.com/recipe/37095/yogurt-parfait/print/?recipeType=Recipe&servings=2&isMetric=false>