

Yogurt Parfait

Three nourishing ingredients: fruit, yogurt and granola are all you need to create a quick meal or a hearty snack. It is sure to help power your day. Make one for yourself or make several and share.

½ cup fruit in bite-sized pieces (fresh, frozen or canned)

1 6-8 oz. container your favorite yogurt

¼ cup granola

1. Using a medium-sized cup or a cereal bowl, spoon yogurt into bottom of the cup or bowl, add fruit on top of the yogurt and then top with granola.
2. Enjoy as it or mix it all together. You can easily adapt to your flavors and preferences.

Hall-Perrine Cancer Center Dietitians