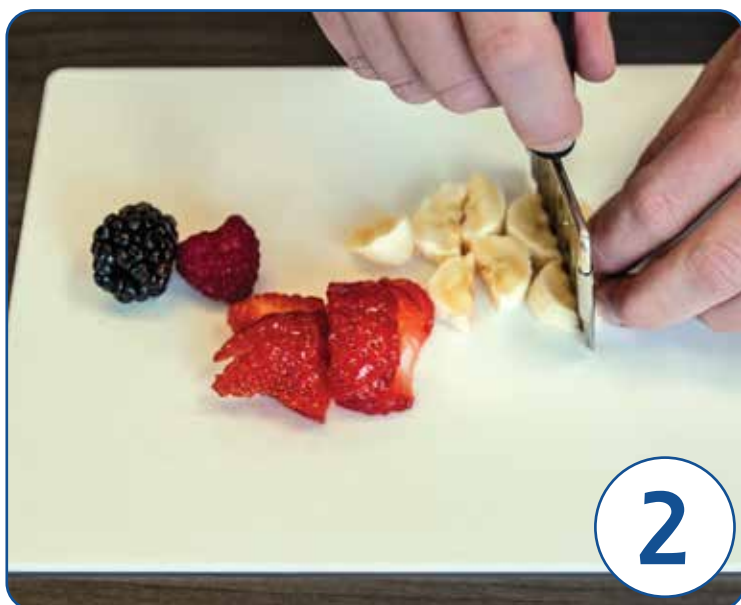


YOU NEED



STEPS



Perfect Parfait

RECIPE

Ready in: 10 minutes

Servings: 4 servings

2 cups	fresh fruit, any kind	500 mL
2 cups	yogurt, any flavour	500 mL
1/2 cup	granola or crunchy high fibre cereal	125 mL

1. Wash the fruit.
2. Cut and dice fruit into bite-sized pieces.
3. Add 1/2 cup of yogurt to a bowl.
4. Sprinkle 1 Tbsp of the granola or cereal.
5. Add 1/2 cup of chopped fruit.

