



From Our Family to Yours

Fruit and Yogurt Parfait

Simple and fresh ingredients help make breakfast quick and nutritious!

Serves 1

Ingredients

1 ea Light and Fit Vanilla Yogurt (SKU #26180)
or 1 ea Strawberry Greek Yogurt (SKU #76804)

1 ea 2 oz Granola Packet (SKU #39512)

6-8 Raspberries (SKU #89111)

10-12 Blueberries (SKU #89110)



Instructions

In a tall glass, pretty bowl or mason jar, layer 1/3 of yogurt into the bottom. Next, add a layer of granola then a few berries. Continue alternating layers of yogurt, granola and berries until your container of choice is full. Serve immediately.