



# Fresh Fruit and Yogurt Parfait

## Ingredients

- 2 cups vanilla regular or Greek yogurt, divided.
- 2 cups store-bought or homemade granola, divided.
- 2 cups fresh fruit (examples: blueberries, sliced bananas, raspberries, blackberries, or sliced strawberries) divided.
- Honey (age 1 and above) or maple syrup (optional)



## Instructions

Assemble the parfaits in 4 (12- to 16-ounce) jars or glasses:

1. Spoon 1/4 cup vanilla yogurt into the bottom of each one.
2. Top each with 1/4 cup of the granola and 1/4 cup of the fruit.
3. Repeat layering the remaining yogurt, granola, and fruit.
4. Drizzle the top of each with honey or maple syrup, if desired.

**\*\*Make ahead: The parfaits can be assembled, covered, and refrigerated up to 3 days in advance. The granola will soften to a chewy consistency.**