

Fruit Parfait

- 2 cups low fat vanilla yogurt
- 1 1.5 ounce package of vanilla instant pudding mix
(you may use any flavor pudding mix to flavor your yogurt)
- 2 cups chopped fresh fruit or drained canned fruit in juice
(suggestions: apples, bananas, strawberries, pineapple, blueberries)
- 1 cup broken graham crackers
- ¼ cup chopped nuts(your preference)

In a bowl, whisk yogurt and pudding mix until smooth. Place fruit in a separate bowl; mix fruit together if using different types. In a glass bowl, place ½ cup of broken graham crackers in bottom of bowl. Top with 1 cup fruit and ½ of pudding mixture. Repeat layering steps with remaining graham crackers, fruit, and pudding mixture. Top with chopped nuts. Variation: divide and layer ingredients in four individual glass bowls. Yield: four servings. 200 calories per serving

Kayley Collins
Cherokee County
Intermediate