

## **Lemon Parfait Recipe**

½ cup reduced fat sour cream  
½ cup lemon yogurt  
1 Tablespoon honey  
¼ teaspoon grated lemon peel  
1 cup sliced peeled Kiwi fruit  
1 cup fresh Blueberries  
1 cup fresh Raspberries

In a small bowl, combine the sour cream, yogurt, honey, and lemon peel. Combine the Kiwi, blueberries, and Raspberries; spoon ¼ cup into each of the six parfait glasses. Layer with yogurt mixture and remaining fruit. Garnish with fruit.

Braiden Stice  
Gregg County  
Intermediate - Fruit & Vegetable