

# #LetsCook30

## THE PERFECT PARFAIT

**Servings:** 8

**Ready in about:** 10 minutes

2 cups

fresh fruit, any kind

2 cups

plain or flavoured yogurt

1/2 cup

homemade granola or crunchy high fibre cereal

### Nutrition Tip

To reduce the saturated fat in this recipe, we used low fat yogurt (2% M.F. or less)

### INSTRUCTIONS:

1. Wash the fruit.
2. Cut and dice fruit into bite size pieces.
3. Place 2 tbsp of cut up fruit at the bottom of each clear plastic cups.
4. Cover the fruit with 2 tbsp of the yogurt.
5. Sprinkle 1/2 tbsp of the granola or cereal on top of each cup.
6. Repeat, layering with the rest of the fruit, yogurt and granola or cereal to each cup.

### TIPS:

- Try a mixture using banana slices, strawberries, blueberries or oranges
- Canned fruit can be used but look for fruit that is packed in water or juice
- Frozen fruit can be used too but let it thaw for about 30 minutes before using
- See [Homemade Granola](#) recipe. Granola can be made in advance and stored in an airtight container

### PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

[york.ca/letscook30](http://york.ca/letscook30)

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