Fruit & Yogurt Parfait

PREP TIME: 2 MIN
TOTAL TIME: 5 MIN

INGREDIENTS
- 1 cup plain yogurt (or sub non-dairy yogurt)
- 1 cup fruit, chopped or sliced (any fresh, canned, frozen, or dried varieties)
- 1/4 cup granola
- 1 tsp honey or maple syrup
- Optional add-ins: jam, cinnamon, coconut shreds, nuts/seeds

DIRECTIONS

1. Grab a container with a lid. Mason jars work well, or you can use a glass and cover it with plastic wrap.
2. Layer 1/3 cup of yogurt at the bottom.
3. Layer 1/3 cup of the fruit on top.
   Drizzle ~1/2 tsp honey on top of fruit.
   Sprinkle cinnamon on top if desired.
4. Add yogurt layer.
5. Repeat step 3 OR layer about 1Tbsp of jam here instead.
6. Add yogurt layer.
7. Layer remaining fruit and drizzle with honey or maple syrup. Cover and store in the refrigerator.
8. Sprinkle granola over the top just before eating if desired. Enjoy!

For more quick & easy recipe ideas, visit wellness.sfsu.edu/nutrition

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