

## **Yogurt Parfaits**

### **Berry Delight**

1 c. sliced strawberries  
1 c. fresh blueberries or other berries  
4 c. fat free yogurt  
½ c. granola  
Makes 4 parfaits

### **Tropical Expression**

1 c. fresh pineapple cut into small pieces  
1 c. sliced mango or papaya  
½ c. sliced kiwi  
4 c. fat free vanilla yogurt  
½ c. granola