



Cool and Creamy Yogurt Parfait



About This Recipe

Serves: 4
Mess Rating: 2 (out of 5)
Prep Time: 15 minutes
Cook Time: 0 minutes
Total Time: 15 minutes

Equipment

1 Spoon
1 Cutting board
1 Knife*
1 Medium bowl
4 small dessert glass dishes

Ingredients

1 cup non-fat greek yogurt
1 pint mixed berries
(strawberries, blueberries, blackberries)
1 cup granola cereal
1 red pepper, small dice

Setting Up:

Step 1: Set Up

Wash your hands thoroughly with soap and dry them.

Step 2: Prepare the Berries

Wash the berries in water and pat them dry. Remove the stem. Have an adult slice each strawberry in half. Place the sliced strawberries in a bowl.

Step 3: Layer the Ingredients

Place 2 1/2 Tbsp of yogurt in the bottom of each dessert glass. Place 2 1/2 Tbsp of berries on top of the yogurt in each dessert glass. Place 1 1/2 Tbsp of granola on top of the berries in each dessert glass. Repeat for all the dessert glasses, forming three complete layers in each glass.

Step 4: Enjoy!

Serve immediately so the granola doesn't soften too much.