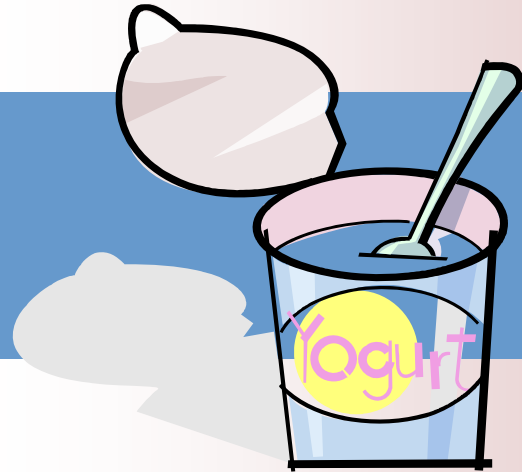


# Yogurt Parfait



What you'll need:

- 2 cups fruit of choice, chopped\*
- 2 cups yogurt
- ½ cup corn flakes\*

Directions:

- Place a scoop of fruit into a cup
- Top with 1-2 tbsp of yogurt
- Continue to layer until the top of the cup is reached
- Place one whole fruit on top
- Sprinkle crushed corn flakes on top

Makes 4 servings

\*WIC approved food item

