

BURIED TREASURE PARFAITS

Ingredients

1 cup	grapes
1	banana
1 cup	berries (fresh or frozen)
1 750 mL tub	fruit yogurt
3	granola bars (peanut-free) OR
2 cups	granola cereal (peanut-free)

Directions

1. Wash the grapes and berries (if using fresh berries) under running water.
2. Cut up the banana into bite sized pieces.
3. Cut the grapes in half.
4. Assemble all the fruit into a large mixing bowl and mix.
5. Break up the granola bars (if you are using them) into a small bowl.
6. Assemble the parfaits with a ½ cup of fruit on the bottom, then ½ cup of yogurt and 3 tablespoons of granola or cereal on top.
7. Enjoy!

Makes 6 parfaits

