



Cherry and Yogurt Parfait

Source: *What's Cooking USDA Mixing Bowl, USDA*
(<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/seasonal-fruit-and-yogurt-parfaits-usda-recipe-schools>)

Servings

6

Ingredients

- 3/4 cup Granola, whole grain rich
- 3 cups Fresh cherries, pitted and whole, sliced, or chopped
- 3 cups Plain yogurt, low-fat
- 1/2 tsp Vanilla extract
- 1 Tbsp Honey

Preparation

1. Set out desired number of cups (about 9 oz each) on workspace.
2. Place 1/2 cup cherries in each cup.
3. Combine yogurt, vanilla, and honey in a large bowl. Stir well.
4. Portion 1/2 cup (about 4 oz) yogurt mixture on top of cherries.
5. Sprinkle granola on top of yogurt, portioned evenly between desired number of cups/servings.
6. Serve immediately.



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