

## Yogurt Parfait Sundaes

### 1 Serving

### Ingredients

8 ounces low-fat or fat-free vanilla yogurt (1 cup)  
½ cup fruit, any kind, chopped  
½ cup low-fat granola (optional)



### Directions:

1. Place a layer of yogurt on the bottom of a see-through cup.
2. Cover yogurt with layer of fruit and then a layer of granola. Keep layering yogurt, then fruit, then granola until all ingredients are used.
3. Serve immediately or place in freezer for at least 2 hours to make frozen yogurt snacks.