

Fruit & Yogurt Parfait;

**2 cups grapes, berries or peach slices
(Your choice)
2 cups nonfat yogurt, vanilla or
Fruit-flavored
2 medium bananas
1 cup dry, crunchy cereal (granola type)**

Wash, peel and slice the bananas. Wash and prepare other fruit. Place about 1/2 cup of grapes (or berries or peaches) in each of four tall glasses.

Add three tablespoons of yogurt on top of the grapes in each glass. Spoon sliced bananas on yogurt (one-half banana per glass). Add the rest of the yogurt and top with cereal..

***Use clear glasses if available.**

Magic Fruit Salad;

**1 (20-ounce) can pineapple chunks in light syrup or juice, drained
1/2 pound seedless grapes, red or green
2 bananas
1 3/4 c. fat-free (or low-fat) milk
1 (3 1/2-ounce) package instant pudding mix, lemon or vanilla**

Drain juice from pineapple. Place chunks in a large bowl. Rinse the grapes, drain and add to the bowl. Peel and slice bananas. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the instant pudding mix. Let the mixture stand five minutes and serve.

Makes 12 servings.