

Frozen Fruit Parfait

INGREDIENTS

- 1-2 frozen peach cups
- 1-2 frozen apricot cups
- 1-2 frozen strawberry cups
- 1/2 cup frozen blueberries
- 1 cup Greek yogurt
- 1/2 cup granola
- Honey (optional, for drizzling)

SERVINGS: 2
TIME: 10 MIN



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PROCEDURE

1. Thaw the frozen fruits in the refrigerator or at room temperature until they are partially thawed but still chilled.
2. Take two serving glasses or bowls. Start by adding a layer of Greek yogurt at the bottom of each glass, about 1/4 cup in each.
3. Begin layering the partially thawed fruits on top of the yogurt.
4. Add a portion of each type of fruit in the following order: peach, apricot, strawberry, and blueberries. Repeat the layering process until the glasses are filled.
5. Sprinkle about 1/4 cup of granola on top of the fruit layer in each glass.
6. If desired, drizzle a small amount of honey over the granola layer in each parfait for added sweetness. Serve immediately.



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