

# YOGURT PARFAIT



## INGREDIENTS:

- 1 cup vanilla yogurt
- ½ cup rolled oats, granola, or whole wheat cereal
- ½ cup fresh fruit sliced (i.e. strawberries, blueberries, pineapple, mango)



## DIRECTIONS:

1. Spoon yogurt in bottom of bowl or glass
2. Add three tablespoons of cereal and ¼ cup of fruit. Repeat layers.
3. Top with remaining cereal and enjoy.

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