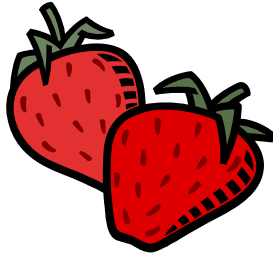


Fruit and Yogurt Parfaits



Ingredients:

- 4 cups low-fat vanilla yogurt
- 2 cups sliced strawberries, frozen or fresh
- 1 cup pineapple tidbits
- 1 cup granola cereal (without almonds or raisins)

Directions:

Divide yogurt among 4 cups or bowls. Top each with $\frac{1}{2}$ cup sliced strawberries and $\frac{1}{4}$ cup pineapple. Sprinkle with $\frac{1}{4}$ cup granola cereal. Serve immediately, or refrigerate covered until served.

Yield: 4 - 6 servings

