Parfaits are great as snacks or meals! Make delicious, nutritious parfaits at home using the fruits, yogurt and extras listed below.

**YOGURT**

4 oz. Yogurt, lowfat:
- Flavored
- Greek-style
- Plain
- Vanilla

**FRUITS**

1/2 cup
- Apples
- Bananas
- Blueberries
- Cherries, pitted
- Kiwi
- Mango
- Oranges
- Papaya
- Peaches
- Pineapple
- Raspberries
- Strawberries

**EXTRAS**

- Brown Sugar
- Cereal
- Chocolate Chips
- Chocolate Syrup
- Cinnamon
- Granola
- Honey
- Maple Syrup
- Nutmeg
- Nuts
- Oats
- Raisins

**TIPS**

- Use fresh, frozen or dried fruits
- Banana-based parfaits will darken if refrigerated overnight
- Layer your favorites
- Stick a spoon in your parfait and freeze it to create a parfait pop!
**STRAWBERRY BANANA PARFAIT**

**Yield:** 50, 7 oz. servings

**INGREDIENTS**
- 12 1/2 lbs. lowfat vanilla yogurt
- 3 lbs. + 2 oz. strawberries, sliced
- 3 lbs. + 2 oz. blueberries
- 8 cups granola

**DIRECTIONS**
1. Put 2 oz. of yogurt into a 7 oz. plastic cup with lid.
2. Layering: 1 oz. strawberries, 2 oz. yogurt, 1 oz. blueberries, top with 2 1/2 Tbsp. of granola.
3. Place lid on cup and hold at 41°F or lower for cold service.
4. Tips: Substitute diced peaches, nectarines, apples, pears or other seasonal berries.

**FRUITY YOGURT POPSICLES**

**Yield:** 48 servings

**INGREDIENTS**
- 13 lbs. frozen berries
- 12 lbs. plain fat-free Greek yogurt

**DIRECTIONS**
1. Place 1/2 cup fruit in each cup.
2. Place 1/2 cup yogurt into cups of fruit.
3. Stir each cup with plastic spoon and place in center of cup.
4. Freeze until firm and hold at 0°F until ready to serve.