

Plum & Peach Parfait



Ingredients:

- 1/2 cup canned peaches, drained
- 1/2 cup dried plums, chopped
- 8 ounces low-fat vanilla regular or Greek yogurt
- 1/2 cup low-fat granola cereal

Directions:

1. In two tall glasses, layer peaches, plums, and yogurt.
2. Top each glass with 1/4 cup granola cereal.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>