



# Kid's Korner

## Recreation at Home

### Perfect Parfait

#### **Ingredients:**

- 2 cups fresh fruit of any kind
- 2 cups of plain or flavoured yogurt
- 1/2 cup homemade granola or crunchy high fibre cereal

#### **Directions:**

- 1) Wash fruit.
- 2) Cut and dice fruit into bite size pieces.
- 3) Place 2 tbsp of fruit in the bottom of each cup.  
Clear cups show the layers.
- 4) Cover the fruit with 2 tbsp of yogurt.
- 5) Sprinkle 1/2 tbsp of granola or cereal on top of each cup.
- 6) Repeat, layering the rest of the fruit, yogurt and granola/cereal to each cup.

#### **Tips:**

Try using banana slices, blueberries, strawberries or oranges. Canned fruit can be used but look for fruit packed in water or juice. Frozen fruit can be used but thaw for 30 minutes before using it. Check out the granola recipe. Granola can be made in advance and stored in an airtight container.