



Tropical Breakfast Parfait:

CUTTING AND ASSEMBLY ONLY

- add about 2 tbsp loose granola & fresh berries (washed & dried)
- repeat the layering pattern & enjoy

INGREDIENTS

- Greek vanilla yogurt (probiotic & low sugar)
- fresh fruit (blueberries & diced mango were used)
- coconut milk or coconut cream (stir thoroughly before using)
- loose crunchy granola (used Kroger's honey & almond)

Assembly

- use a 4 to 6 ounce glass or clear plastic cup
- begin layering with a tsp of coconut milk & about 1 ounce of diced mango
- Next add 1-2 ounces of yogurt & spread it evenly. Work it from the center dollop to the edge of the inside the glass.