



Nutty, Fruity Yogurt Parfaits

- 1 1/2 cups (8 oz./250 g) favorite granola
- 1/2 cup (2 oz./60 g) sliced almonds or pecan pieces, lightly toasted
- 2 cups (1 lb./500 g) plain or vanilla yogurt
- 2 cups (8 to 12 oz./250 to 375 g) mixed chopped fresh fruits or whole berries

Have ready four 1-cup (8-fl. oz./250-ml) or six 3/4-cup (6-fl. oz./180 ml) parfait glasses or tumblers. In a small bowl, stir together the granola and nuts. Measure out 1/4 cup (1 1/2 oz./45 g) and set aside.

Divide half of the granola mixture evenly among the glasses. Top with half of the yogurt, again dividing evenly among the glasses, and then with half of the fruit, again dividing evenly. Repeat the layers, ending with the fruit. Sprinkle the tops with the reserved granola mixture. Refrigerate the parfaits for 20 minutes or so to allow the flavors to mingle, then serve.

Serves 4 to 6.

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