

Easy Yogurt Parfait

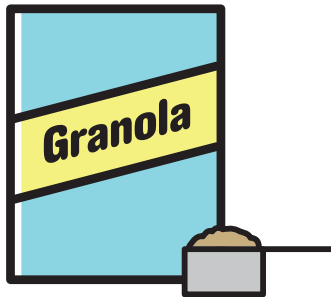
Ingredients



Yogurt



Fruit



Granola or whole grain cereal



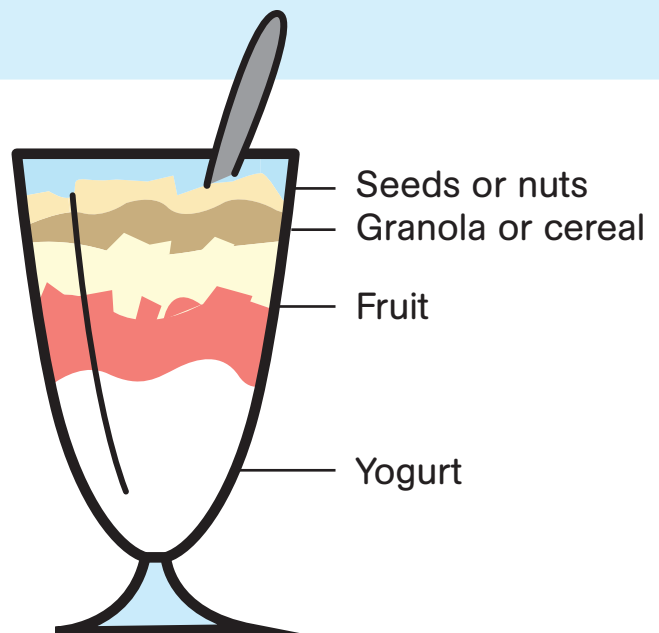
Chopped seeds or nuts

Directions

Place the ingredients in a bowl in the following order:

1. Yogurt
2. Fruit
3. Granola or cereal
4. Seeds or nuts

Enjoy!



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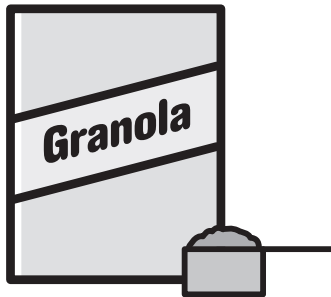
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