

RAINBOW PARFAIT WITH STONYFIELD YOGURT

- 2 cups Stonyfield Organic Low Fat Smooth & Creamy Plain Yogurt
- 1 1/2 cup Strawberries (or other red fruit)
- 1 1/2 cup Mandarin oranges (or other orange fruit)
- 1 1/2 cup Mangoes (or other yellow fruit - peaches, pineapples)
- 1 1/2 cup Kiwi (or other green fruit - honeydew melon)
- 1 1/2 cup Blueberries (or other blue fruit)
- 1 1/2 cup Purple grapes (or other purple fruit)
- 2 Tbsp Honey or Granola (optional)

1. Wash and slice fruit into small pieces.
2. Line up small glasses. Spoon a small dollop of yogurt in the center of the glass, then line the bottom edge of the glass with your purple fruit. Use a spoon to push the yogurt up against the fruit to hold the fruit in place.
3. Repeat the layering process with the blue, green, yellow, orange, then red fruit. The key to making it look pretty from the outside is making the fruit rings snug around the outside in the different colors.
4. Optional: You can drizzle the top with honey or granola.

ADDITIONAL INFORMATION

Course	Breakfast , Brunch , Sides
Category	Bowls , Vegetarian
Cuisine	Seasonal Summer