

Gigglet

The Happy Little Piglet

Yoghurt and Fruit Parfait

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Ingredients:

Serves 1

- (1) Small plastic tumbler cup
- (1/2) Cup of your favorite flavored yoghurt
- (1/2) Cup of your favorite fruit sliced into bite size pieces (ask an adult to help before using a knife)
- (1/2) Cup of granola



Directions:

Step 1: Spoon in (1-2) Tablespoons of your favorite yoghurt into the bottom of your cup.

Step 2: Layer in a few pieces of your favorite fruit.

Step 3: Sprinkle in (1) Tablespoon of granola on top of your fruit.

Step 4: Repeat steps 1,2,3 until all of your ingredients are layered into your cup.