

# RECIPE



## Stewed Fresh Fruit, Granola and Yogurt Parfaits



Apples, peaches and pears (1/2 pound of each)

3 cups plain fat free Greek Yogurt

1 1/3 cup of Kind Healthy Grains

1-2 t cinnamon

Water

Buy local peaches, pears and apples from the farm stand down the road! About 1/2 pound of each. Have some now, save some for later! Take advantage of local produce and its freshness! For the recipe: take 3 apples, 2 peaches and 2 pears and core/pit then cut into chunky pieces. Place in non-stick skillet. Add a teaspoon of water and cinnamon then cook until tender (about 10 min), stirring as you go. When fruit has slightly softened, set aside for later.

Assembly for 1 serving:

1/2 cup stewed fruit

3/4 cup plain fat free Greek Yogurt

1/3 cup Kind Healthy grains (I like the Dark Chocolate & Cranberry Clusters or the Peanut Butter!)

Layer all three ingredients and enjoy! Make approximately 4 servings.

Nutrition Facts per 1 parfait: 246 calories, 20 g protein, 3 g fat, 3 g fiber, 33 g of carbs, 99 mg of sodium, 17g sugar (10 grams natural sugars and 7 grams of added sugars), 500 mg potassium, 24% of daily value for calcium.

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