



Bombay Yogurt Fruit Parfait Topped with Toasted Coconut

Prep time: 5 Minutes

Assembly time: 1 Minute

Total time: 6 Minutes

1/2 cup granola

2 Tablespoons of honey

1 tablespoon of fresh mint (minced)

1/2 cup shredded coconut

1 cup fat-free yogurt or your favorite variety

1 cup of fresh fruit (blackberries, blueberries, raspberries, strawberries (sliced), apples (diced), bananas (sliced), peaches (diced), pineapple (diced))

You'll Need:

2 bowls, parfait glasses, or mason jars

1 spoon

To Plate

1. Spoon yogurt into the bottom of each bowl.
 - + Add fruit.
 - + Add granola.
 - + Add honey.
 - + Add coconut shavings.
 - + Top with mint.
2. Enjoy!



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