



FRUITY PARFAIT

Recipe Created By:
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INGREDIENTS

- 1/4 cup ricotta low-fat cheese
- 1/4 cup powdered sugar
- 1/2 teaspoon vanilla
- 8-ounce carton lemon yogurt
- Cups sliced fresh strawberries or 2 cups fresh blueberries
- 1/2 cup low-fat granola
- 4 spatulas, 4 large mixing bowls, 4 whisks, Parfait glasses for serving dessert.

DIRECTIONS

You can use many different fruits and many different types of yogurt for this recipe too!

1. Beat ricotta, powdered sugar, and vanilla in a medium mixing bowl by hand, then fold in yogurt and half of the berries.
2. Spoon some of the mixture into the bottom of 10-ounce individual glasses.
3. Top each with some of the remaining berries, the rest of the berry mixture, and then the rest of the berries. If you wish, cover and chill up to 2 hours. Before serving, sprinkle with the crumbled cookies.



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