

FRUITY PARFAIT

2 cups chopped melon
2 cups chopped pineapple
2-1/2 cups berries (any variety, fresh or frozen)
2-1/2 cups low-fat vanilla yogurt
1/2 cup raisins
5 cups granola cereal

Wash berries and melon.

Slice melon and berries.



In tall glasses, layer 3 tablespoons granola, 1/4 cup pineapple, 1/4 cup melon, 2 tablespoons berries, 1/4 cup yogurt, and 2 tablespoons granola. Top with 2 tablespoons raisins.

Makes 15 (1 cup) servings.

FOOD SAFETY TIPS - Wash hands before beginning. Be sure all utensils and work areas are clean. Wash all fruit before slicing (even fruit that the rind or skin will not be eaten). Yogurt must be kept cold and once fruit has been sliced it needs to be refrigerated.

Nutritional information per serving:

Calories:	222.7
Total fat:	2.544g
% calories from fat:	10.3%
Calcium:	93.07mg