

## **Yogurt Parfait**

This serves one person generously!

1 container plain or lightly sweetened yogurt  
6-8 cherries, pit and stem removed, sliced in half  
2 nectarines, pitted and chunked  
1-2 apricots, pitted and chunked  
1/4 cup or 4 tablespoons crunchy granola  
1 teaspoon demerara or light brown sugar

### **Directions:**

Take a large glass cup or medium bowl to hold all ingredients. Layer some yogurt in the glass, sprinkle with some granola and a bit of sugar. Scatter some cut up fruit on top and repeat all the layers until you've used them up and your glass cup/bowl is full of bursting goodness.