

# SIMPLE FRUIT PARFAIT



## INGREDIENTS

- Blueberries (frozen or fresh)
- Raspberries (frozen or fresh)
- An apple
- A container of plain yogurt
- Granola and oats
- Honey

## INSTRUCTIONS

1. Wash your fruits
2. Cut the apple into small cubes
3. Add the yogurt into a bowl
4. Place your fruit into the bowl
5. Sprinkle in some granola
6. Drizzle a teaspoon of honey on top
7. Enjoy!

