

Fruit Salad Parfait

Serves 5

Ingredients:

1 can (20 oz.) pineapple chunks, canned in own juice, drained
2 pears, halved
1 can (16 oz.) sliced peaches, canned in extra light syrup, drained
1 can (16 oz.) apricot halves, canned in extra light syrup, drained
1 ¼ c. plain or vanilla yogurt
1 c. granola, low-fat

Directions:

1. Drain each can of fruit very well.
2. Cut the pears in half several times, the peaches once and the apricots once.
3. Mix fruit together in a medium sized bowl.
4. Pour yogurt over the top and blend gently.
5. Spoon into 5 different bowls and sprinkle with granola and serve.