



## Pear Yogurt Parfait

**This treat uses whole grain cereal instead of sugary granola.**

### *Ingredients:*

- 32 oz tub of plain Greek-style yogurt
- 2 cans pears, packed in 100% juice
- 1 cup Grape Nuts Flakes (or any other whole grain ready-to-eat cereal)

### *Directions:*

- Drain pears and chop into medium-sized pieces.
- In 4 small bowls or cups, layer ½ cup pears, ¼ cup yogurt and ¼ cup cereal.
- Serve and enjoy!