

Almost-A-Pyramid Sundae or Fruit Parfait

Ingredients

- 1 cup Vanilla, plain or fruited yogurt
- ½ package Graham crackers, crushed*
- 1-2 cups Fruit-strawberries, blueberries, raspberries, pineapple, mandarin oranges, kiwi, etc.**
- ½ cup Nuts, chopped: peanuts, walnuts, sunflower seeds, soynuts (optional)

Directions

1. Wash and slice all fruit as needed
2. Crush graham crackers
3. In small cup sprinkle graham cracker crumbs
4. Spoon a little yogurt on top of cracker crumbs
5. Add a layer of fruit
6. Add more crackers, yogurt and fruit
7. Top with nuts, if desired

*You may use crushed cereal (Cheerios, Chex) or granola in place of graham crackers.

**Any kind of fruit fresh, frozen or canned works well.

Makes 4 Sundaes

