



INGREDIENTS

- 2 cups chunked, canned pineapple
- 1 cup frozen raspberries
- 3 cups vanilla yogurt
- 1 medium banana, peeled and sliced
- ¼ cup chopped dates
- ⅓ cup sliced toasted almonds
- sundae glasses or tall glasses
- a spoon

Yogurt Parfait

- 1 Check with a grown-up before you start.
- 2 Place the glass on the table and add the pineapple, raspberries, dates, bananas, and yogurt in layers.
- 3 Now sprinkle almonds over the top.
- 4 You don't have to use exactly what we used. Experiment and make up your own parfait! Have fun.

Note: This recipe contains nuts.
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