PEACH

PEACHY PARFAIT

INGREDIENTS:

1 CUP CHOPPED PEACHES
1 CUP BLUEBERRIES
1 CUP NONFAT VANILLA GREEK YOGURT
1/2 CUP ROLLED OATS, UNCOOKED

DIRECTIONS:

IN A SMALL BOWL OR CUP, LAYER 1/4 CUP PEACHES, 1/4 CUP BLUEBERRIES, 1/4 CUP YOGURT, & 1/2 CUP OATS. REPEAT STEPS IN 3 SEPARATE SMALL BOWLS OR CUPS. REFRIGERATE FOR 1 HOUR TO ALLOW OATS TO SOFTEN.

FIRST RIPE PEACHES

JUNE