

**Pear, Apple and Blueberry Granola Parfait**

Yield: 4 servings

**Ingredients**

2 ripe pears, cored and sliced  
2 McIntosh apples, cored and sliced  
1/2 cup (125 mL) blueberries  
1/4 cup (60 mL) vanilla yogurt  
1 Tbsp. (15 mL) granola with raisins

4 parfait glasses

**Preparation**

Gently toss together pears, apples, and blueberries.

Spoon half of fruit mixture into each of 4 parfait glasses.

Top each with 1/4 cup (50 mL) vanilla yogurt and 1 Tbsp. (15 mL) granola.

Repeat layers

**PER SERVING (1 parfait)**

(approximate values)

Calories: 120

Calcium: 35 mg

Vitamin D: 10 IU