**Berry Patriotic Parfaits**

**Ingredients:**
- ½ cup fresh strawberries
- ½ cup fresh blueberries
- ¼ to ½ cup plain or vanilla greek yogurt
- ¼ cup natural or low-fat granola
- Honey (optional for topping)

**Supplies needed:**
- Cutting board
- Sharp knife
- Measuring cups
- Bowls
- Glass or parfait cup

**Steps:**
1. Wash strawberries and blueberries.
2. Cut strawberries into small chunks.
3. Begin creating your parfait by layering the bottom of the glass with strawberries.
4. Next, add a layer of yogurt.
5. Then add a layer of blueberries.
6. Last, add a layer of granola.
7. Repeat layers if necessary. Optional: top with honey.

For more information and recipes, please visit:
http://uaex.edu/health-living/child-care-providers/childcare-resources.aspx

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