



Yogurt Parfaits



Set-up

- Cups, bowls and spoons -- you want at least one per guest, as the kids will make not only their own desserts but dessert for their grown-ups as well.
- Large containers of yogurt -- plain vanilla works best, but you can also choose banana or berry flavors.
- Several bowls of different cut-up fruit (berries, bananas, etc.)
- Several bowls of assorted toppings:
 - Dried fruit
 - Cookie crumbs
 - Dry cereal
 - Chocolate chips
 - Chopped nuts or coconut flakes
 - Whipped cream (optional)

Recipe/Activity Directions

1. Help children scoop yogurt into the bottoms of the cups or bowls.
2. Show them how to layer their parfaits with fruits, different topping choices and more yogurt.
3. Top with whipped cream, if using.