

BREAKFAST PARFAIT

Ingredients

1. 1 cup quick oats
2. 2 cups vanilla yogurt
3. 1- 8 oz. can crushed pineapple, do not drain
4. 2 cups sliced strawberries, bananas, blueberries, or peaches
5. 2 tablespoons sliced almonds

Instructions

1. Combine oats, yogurt, and pineapple. Refrigerate overnight. Layer oatmeal mixture with fruit and top with almonds. Makes 8 servings. Can keep refrigerated for one week.