

Breakfast Pear Parfait

Makes: 2 Servings

Fresh pears are a great addition to meals and snacks. Make this easy Breakfast Pear Parfait by layering fresh pears, cereal, and low-fat yogurt.

Ingredients

2 cups oat circles (cold cereal)

1 pear (chopped)

1 cup low-fat vanilla yogurt

Directions

1. Put 1 cup oat circles into 2 small bowls.
2. Add $\frac{1}{2}$ of the chopped pears on top of the oat circles.
3. Top each bowl with $\frac{1}{2}$ cup of low-fat yogurt.

Source: Recipe adapted from Usapears.com.