Greek Yogurt, Nut & Fruit Parfait

Yield: 1 serving

**Ingredients:**

- ¼ teaspoon vanilla extract or ½ teaspoon honey
- ¼ teaspoon cinnamon
- 2 tablespoon Chopped Nuts
- 1 tablespoon raisins
- 1 cup plain, low-fat Greek yogurt
- ½ small banana
- 6 seedless grapes
- 2 medium strawberries, cut

**Directions:**

Mix the yogurt, vanilla and cinnamon. Chop the fruits to desired size and mix together in a separate bowl. In a tall glass or bowl, alternate layers of yogurt mixture and fruit and enjoy.