Fruit Salad Parfaits
by Chef Ruth Gonzales Riojas

Makes 4 servings

Ingredients:
¾ cup orange-blossom water
1 tablespoon local honey
1 tablespoon orange zest
1 cup cantaloupe, cut into bite sized pieces
1 cup fresh or canned pineapple, cut into bite sized pieces
1 cup red grapes
½ cup fresh or frozen strawberries, quartered
¼ cup fresh blueberries
1 kiwi, medium dice
1 tablespoon fresh mint, thinly sliced
4 cups Plain low-fat yogurt
1 cup granola

Prepare
1. Measure and assemble all of your ingredients to create a mise en place
2. Combine orange-blossom water and honey in a small saucepan, heat over medium low until honey dissolves, stirring occasionally. Set aside.
3. Combine all the fruit in a medium mixing bowl.
4. Drizzle syrup over the top and sprinkle with orange zest and mint and gently toss.

Lunch Assembly and Packing:
Pour 1 cup of yogurt into each of 4 re-sealable containers
Layer 1 cup of fruit salad on top.
Sprinkle with granola and seal.