

Fruit Salad Parfaits

by Chef Ruth Gonzales Riojas

Makes 4 servings

Ingredients:

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| 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.