



## *Chat N Chew*

### *Fad Diets Season 1-2*

#### *Parfait*

- *Greek yogurt*
- *Pomegranate*
- *Sliced banana*
- *Whole grain granola*
- *Slivered almonds*

*Layer the Greek yogurt on the bottom. Add pomegranate on top. Then add the banana slices. Cover with more yogurt. Layer slivered almonds. Sprinkle granola on top. Continue to layer yogurt, fruit, nuts and granola as many times as you want. Enjoy!*

***Healthy Living for Wellness of Body, Mind and Spirit***

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