

Pear and Greek Yogurt Parfaits

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

16 cups Pacific Northwest Canned Pears, diced, in juice,
drained
1/2 cup honey
2 teaspoons cinnamon
12 cups Greek-style vanilla yogurt
10 cups granola

Method

Toss the drained pears with the honey and cinnamon, making sure to thoroughly coat the pear pieces.
For each parfait, fill the bottom of a glass dish or drinking glass with 1/3 cup pear mixture. Top the pears with 1/4 cup yogurt and 3 tablespoons of granola. Repeat ending with approximately 2 tablespoons of granola and a few pear pieces. Serve immediately, or chill until ready to serve.

Servings

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Nutrition

Calories	330
Calories from Fat	20
Fat	2.5g
Saturated Fat	0.5g
Cholesterol	5mg
Sodium	130mg
Carbohydrate	68g
Dietary Fiber	5g
Sugar	40g
Protein	12g
Vitamin A	15% DV
Vitamin C	2% DV
Calcium	15% DV
Potassium	22% DV
Iron	10% DV