



Arc Cooks is a cooking series created by self-advocates and allies of people with intellectual and developmental disabilities. During the COVID-19 pandemic, people are cooking at home more. These recipes help inspire and teach.



Judy's Yogurt Parfait

Ingredients:

- Organic Greek yogurt (plain or a flavor of your choice)
- Fruit of your choice (for example: berries, grapes, oranges, bananas, apples, or anything you'd like)
- Granola
- Honey



Instructions:

1. Scoop yogurt into a bowl. Use 2/3 cup or as much yogurt in as you want to eat.
2. Cut up the fruit into bite-sized pieces. Add the fruit to the bowl, on top of your yogurt.
3. After your fruit, sprinkle granola on top. Use 2/3 cup.
4. Drizzle honey on top.
5. Ta-da! You're done! Enjoy!

