

My goodness, it certainly turned warm didn't it! Well, fret not, because I have a wonderful, cool, recipe for you that is just perfect for this weather. It also has so few calories that you can eat all you want, and not gain a pound.

### COOL AND HEALTHY PARFAITS

Plain yogurt ( VANILLA )      Granola  
Cut up fruit - bananas, strawberries, cantaloupe, kiwi, peaches,  
blueberries, etc.

**In a parfait glass, alternate granola, yogurt and fruit 2 or 3 times.  
Refrigerate until ready to eat.**

HELPFUL HINTS:      If you don't have parfait glasses, use clear plastic cups.

I brought the ladies at City Hall each a cup of this, and they all enjoyed it very much. They especially liked the fact that it was not fattening, and it was very filling. This would be perfect as a snack anytime of the day, but it is especially good for breakfast.

I used strawberries, cantaloupe and blueberries when I made these for the ladies, but next time I am going to try strawberries, peaches and kiwi.

Try this, I think you will like it because it's so easy and so COOL.