

# FoodPrints

A program of FRESHFARM Markets  
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## Yogurt Parfaits

### Notes

A treat for breakfast or dessert!

### Ingredients

Plain yogurt  
Maple syrup or honey  
Chopped fruit (fresh or frozen)  
Granola (optional)  
Chocolate chips (optional)

### Instructions

Mix yogurt and maple syrup or honey to reach desired sweetness. Serve with desired toppings.