

Description: A healthy and delicious snack made with a mix of fresh fruits, honey, and yogurt

Ingredients:

- 2 apples, diced
- 1 cup grapes, halved
- 1 orange, peeled and segmented
- 2 tbsp honey
- 1 cup yogurt

Instructions:

1. In a large bowl, mix together the diced apples, halved grapes, and orange segments
2. In a small bowl, mix together the honey and yogurt until well combined
3. Layer the fruit mixture and the honey-yogurt mixture in small glasses or cups
4. Repeat the layers one more time, ending with a layer of yogurt on top
5. Serve chilled and enjoy

Tips:

- Use any combination of your favorite fruits to make the parfait
- You can also add a sprinkle of granola or nuts on top for extra crunch

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Original ingredients requested: apples, grapes, oranges, honey, yogurt (Meal type: snack)