Homemade Candy Corn Fruit Parfait

Yields six 1-cup servings

Ingredients:

One 20-oz can pineapple tidbits (packed in 100% juice), drained
2 15-oz cans mandarin oranges (packed in water, no sugar added), drained
2 cups nonfat vanilla Greek yogurt, or yogurt of choice
6 pieces candy corn, for garnish

Clear plastic cups (about 9 oz capacity)

Procedure:

1) Open and drain cans of pineapple tidbits and mandarin oranges
2) In clear plastic cups, add the following ingredients in layers:
    a) ⅓ cup pineapple tidbits
    b) ⅓ cup mandarin oranges
    c) ⅓ cup yogurt
3) Keep parfaits in the refrigerator until ready to serve. Garnish each parfait with one candy corn in the center of the cup just before serving.

Chef Notes: For a summer seasonal twist, diced peaches can be substituted in place of mandarin oranges.

Allergens: Dairy