

## Overnight Breakfast Parfaits



Beautiful layers of sweet fruit, creamy yogurt, berries, and crunchy granola or nuts that you can take on-the-go for a delicious breakfast or snack.

**Serves 1**

**Prep time 5 min.**

### Ingredients

1 can (about 15 oz.) [Del Monte® Diced Mangos in Light Syrup](#), [Sliced Peaches in Heavy Syrup](#), or [Pear Halves](#) or [Sliced Pears in Heavy Syrup](#)

1 1/3 cups nonfat or low-fat plain or vanilla yogurt, divided

1 cup fresh blueberries, raspberries, blackberries or sliced strawberries, divided

1 cup granola and/or 1/2 cup chopped nuts or seeds, such as almonds, pecans, pistachios, walnuts, pumpkin or sunflower seeds, divided

### Directions

1. Drain the *Del Monte*® fruit and chop into bite-sized pieces, as needed.
2. Create layers in two 2-pint jars by spooning each ingredient into each jar in this suggested order: 1/4 cup *Del Monte*® fruit, 1/3 cup yogurt, 1/4 cup berries, 1/4 cup granola and/or 2 Tbsp. nuts or seeds. Repeat.
3. Serve immediately or seal jars and store refrigerated up to 48 hours.