Fresh Fruit Parfait
with Lemon Poppy Seed Yogurt

Ingredients:
• peaches, pitted, quartered, diced
• 2 kiwi, peeled, quartered, sliced
• 1 cup blueberries
• 1 lemon, juiced, plus zest for garnish
• 1 tablespoon sugar
• 2 cups low fat plain yogurt
• 1 tablespoon poppy seeds
• Mint sprigs, for garnish

Directions:
1. In a medium bowl, place cut fruit, blueberries, lemon juice and 1 tablespoon sugar.
2. Mix well and macerate for about 10 to 15 minutes. This will allow fruit to be infused with lemon juice and sugar.
3. Meanwhile, in a small bowl, stir 2 cups of low fat yogurt and poppy seeds.
4. In clear glasses, layer the ingredients starting with the fruit mixture, followed by yogurt, then fruit, then yogurt. Repeat these steps until glasses are filled.
5. Garnish with a sprig of mint.