



Pomegranate & Pepita Parfait

DIRECTIONS

Harvest: pomegranates, pepitas (pumpkin seeds)

Individual Serving

Supplies:

- Large bowl and water for processing pomegranates
- Clear cups for parfaits

Ingredients

- 1/2 cup plain greek yogurt
- 1/4 cup granola
- 1/4 cup pomegranate arils
- 2 Tbsp pumpkin seeds

Directions

- Add each layer in a glass or see through cup, starting with a layer of pomegranate arils on the bottom, followed by the yogurt, granola, pepitas and a generous topping of more pomegranate arils and enjoy.

Recipes created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.

