

*Fresh Ideas featuring:*

Fresh *Fruits*  
from *Chile*



### **Cherry Berry Parfait**

- 1 cup fresh sweet Chilean cherries
- 1 cup chopped fresh or canned pineapple
- 1 cup fresh Chilean blackberries or strawberries
- 1 cup low-fat vanilla or lemon yogurt
- 1 medium sliced banana
- 1/3 cup chopped dates
- 1/4 cup sliced, toasted almonds

Set aside 4 whole Chilean cherries. Remove the pits and slice the remaining cherries in half. In stemmed glasses, layer the cherries, pineapple, blackberries or strawberries, yogurt, banana and dates. Sprinkle the almonds on top and garnish with a whole, sweet cherry.

Serves 4



**Chilean Fresh Fruit Association**  
[www.cffausa.org/foodservice](http://www.cffausa.org/foodservice)

