Granola and Fruit Parfait

4 cups Greek yogurt
1 1/2 to 2 cups fresh or frozen (thawed) raspberries; plus, additional for garnish
1/4 cup white granulated sugar
2 nectarines
2 cups fresh blueberries
pineapple
1 to 1 1/2 cups granola
mint leaves for garnish

Mix yogurt with the fruit (fresh or thawed) - puree together. Add sugar to the mixture and blend a bit more.

Peel nectarines, prepare pineapple, and set aside with blueberries

Use prepared granola to lawyer the parfait. Start with a little yogurt, add a layer of fruit, then add granola, then repeat.

On the top garnish with raspberries and fresh mint leaves.

Serve as a part of a balanced breakfast.

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