



PURITY DAIRIES

DELICIOUS RECIPES USING PURITY PRODUCTS

FRESH FRUIT PARFAIT

- 1 (1-ounce) package no sugar added vanilla instant pudding and pie filling
- 2 cups cold PURITY 0% PLUS AB MILK
- 2 cups fresh strawberries, blueberries, raspberries, nectarines, bananas, etc.

Stir pudding mix into cold PURITY 0% PLUS AB MILK in a large bowl and beat according to package directions. Make layers by spooning pudding in stemmed glasses and alternate with fresh fruit, ending with fresh fruit on top. Garnish with whole fruit.

Yield: 4 servings.

*May add cereal or granola as a layer.