

# Pineapple Yogurt Parfait

**Cuisine: Mediterranean**

**Dietary Restrictions: No nuts**

---

## Ingredients:

1. 1 cup diced pineapple
  2. 1 cup yogurt (can use Greek yogurt for a thicker consistency)
  3. 1/2 cup granola (ensure it is nut-free)
- 

## Instructions:

1. In a glass or bowl, start layering the ingredients.
  2. Begin with a spoonful of yogurt at the bottom.
  3. Add a layer of diced pineapple on top of the yogurt.
  4. Sprinkle a portion of nut-free granola over the pineapple layer.
  5. Repeat the layering process until you reach the top of the glass or bowl.
  6. Finish with a dollop of yogurt on top and a few pineapple pieces for decoration.
  7. Serve chilled and enjoy this refreshing and healthy Mediterranean-inspired pineapple yogurt parfait!
- 

Enjoy your delicious nut-free Mediterranean-style pineapple yogurt parfait!