

PINEAPPLE & WALNUT

PARFAIT

INGREDIENTS

- 1/4 cup walnut pieces (or other nut)
- 1-1/2 cups Quaker® oats
- 2 cups milk
- 2 cups pineapple, diced
- 2 cups vanilla Greek yogurt

DIRECTIONS

- In a small skillet, toast walnut pieces over medium heat, turning halfway through, for 3 to 4 minutes or until walnuts are lightly browned.
- In a small saucepan, combine oatmeal and milk; simmer for 5 to 7 minutes over medium-low heat or until oats are tender and have absorbed the milk.
- In a bowl or glass, layer 1/2 cup cooked oatmeal with 1/2 cup pineapple, 1/2 cup yogurt and 1 tablespoon walnuts.

