



# **Feast of Fields “SPECIAL” ORGANIC YOGURT PARFAIT RECIPE**

(ingredients)

1. Organic Hemp Granola\*- small layer at the bottom of the corn cup (biodegradable)
2. Organic Yogurt- generous layer of plain organic yogurt
3. Blueberry\*\* or Elderflower\*\*\* Jelly- 2 tablespoons dropped into the organic yogurt
4. Organic Hemp Granola- a second layer on the top
5. Sunberries- 3 sunberries to “top off” your COG O “Special” Organic Yogurt Parfait Organically grown by Rob and Julie from Songberry Farm for Feast of Fields!

\*Organic Hemp Granola (from Pantry Plus in Orleans) There could be traces of peanuts, nuts or soy.

\* Organic Cinnamon Granola (from Natural Food Pantry).

\*\* Organic Yogurt from Organic Meadow Co-op,

\*\*\* Organic Blueberry Jelly specially made by Jane and Roger Mattiuz for Feast of Fields

\*\*\*\* Organic Elderberry Jelly specially made by David and Margaret Townson sweetened with stevia and a hint of natural sugar with pectin.