



Basil Pesto and Farro Parfait

Makes 10 portions

Ingredients:

5 cups	Dannon Oikos Nonfat Plain Greek Yogurt
1 1/4 cups	Basil Pesto
1 1/4 cups	Farro
1 1/4 cups	Chickpeas
3/4 cup	Arugula
1 1/2 cups	Tomatoes

Instructions:

To make one parfait:

1. Layer 1/2 C or 4 oz of Dannon Oikos 0% Plain Greek Yogurt into the bottom of a glass.
2. Top with 2 TB or 1 oz of basil pesto.
3. Layer 2 TB or 1 oz of cooked farro on top.
4. Top with 2.5 TB or 1 oz of chickpeas.
5. Add 1 TB of arugula on top.
6. Finish with 2.5 TB or 1 oz of fresh diced tomatoes.

Recipe and phot courtesy of Danone