

# Summer Fling Parfait

**TOTAL TIME:** 30 minutes

1 C Greek yogurt	2 † My Summer Fling tea, finely ground
1/2 C rolled oats	1/4 C peach preserves
1/2 C fresh peaches, diced	1/4 C orange juice
1/2 C fresh orange segments, diced	1 † My Summer Fling tea
1 T honey	1/4 C granola
1 † vanilla extract	<i>Optional:</i> Slice of bergamot for garnish

**PREPARE THE TEA-INFUSED YOGURT:** In a bowl, mix Greek yogurt with honey, vanilla extract, and 2 teaspoons of My Summer Fling tea. Stir well to combine. Let it sit in the refrigerator for at least 15 minutes to allow the flavors to meld.

**PREPARE THE FRUIT COMPOTE:** In a small saucepan, combine peach preserves, orange juice, and 1 teaspoon of My Summer Fling tea. Heat over medium heat until the preserves melt, and the mixture is well combined. Remove from heat and let it cool.

**ASSEMBLE THE PARFAIT:** In serving glasses or bowls, layer the ingredients as follows:

- 🍴 Start with a layer of rolled oats.
- 🍴 Add a layer of tea-infused yogurt.
- 🍴 Spoon a layer of the fruit compote.
- 🍴 Add a layer of diced peaches and orange segments.
- 🍴 Repeat the layers until the glasses are filled, ending with a layer of yogurt.

**TOP AND SERVE:** Sprinkle granola on top of each parfait. Garnish with a slice of bergamot if desired. Serve immediately.

**NOTE:** Bergamot can be purchased at specialty food stores, natural food markets, and online retailers such as Amazon and Pearson Ranch.