



avron

Healthy Recipe of the Week



Ingredients

Mandarin Oranges Whole Segments
103-404 100oz can

Pineapple Chunks in Juice
103-262 19oz can

Vanilla Yogurt Tub
111-124 650g

5oz Plastic Cups Flexible Translucent
115-391 100pk sleeve

Canada's Food Guide

For guidelines and nutrition information,
visit food-guide.canada.ca/en/

Candy Corn Parfaits

Get into the spirit of Halloween
with these fruity, fun parfaits!

Instructions

1. Open your can of mandarin oranges and pineapple chunks.
2. Lay out as many cups as you need.
3. Layer the first third of the cup with mandarin oranges.
4. Layer the second third of the cup with pineapple chunks.
5. Top the fruit with 1-2 tablespoons of vanilla yogurt as the third and final layer.

**YOUR ONE
STOP SHOP!**

SHOP ONLINE,
ANYTIME AT
AVRON.CA

