

Summer Fruit and Yogurt Parfait

1 ripe mango
3 tablespoons sugar
1 ¼ cups water
1 pint strawberries
1 pint raspberries
1 pint blackberries
2 cups vanilla or plain yogurt
4 sprigs mint

Peel and slice mango; place in a small saucepan with sugar and water. Simmer over medium-low heat until soft, about 15 minutes. Cool thoroughly. Puree cooked mango in blender until very smooth.

Lightly rinse berries and allow to dry. To assemble, alternate layers of cold mango sauce, fresh berries, and yogurt in four parfait glasses. Garnish each with fresh sprig of mint and serve.