

Ingredients:

2 cups canned pineapple, chopped
1 cup frozen berries, thawed
1 cup low-fat vanilla yogurt
1 banana, peeled and sliced
¹/₃ cup raisins

Preparation:

- 1. In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins.
- 2. Serve and enjoy.

Yields 4 servings Nutritional Information Per Serving: 190 calories, 4g protein, 44g carbohydrate (3g fiber), 1g fat, 5mg cholesterol, 40mg sodium

Source: U.S. Department of Agriculture





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