

Breakfast Parfait

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

