



## January 2- Breakfast Parfait

Smart Snack

Link: No link

### Recipe

#### *Ingredients:*

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

#### *Directions:*

1. In four glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins.

Yield 4 servings

### **Nutrition Facts**

Serving Size 1 parfait (281.41g)  
Servings Per Container 4

Amount Per Serving	
Calories	% Daily Value*
210	
Calories from Fat 10	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 34g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin A 2%	• Vitamin C 30%
Calcium 10%	• Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.