



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

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