

Breakfast Parfait

Rating: ★★★★★

Makes: 4 servings

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

University of Illinois, Extension Service, Recipes to Grow On

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	188	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	44 g	15%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	44 mg	2%

MyPlate Food Groups

Fruits	1 1/2 cups
Dairy	1/4 cup