

Tropical Breakfast Fruit Parfait

INGREDIENTS

- 3 cups low-fat vanilla Greek yogurt
- 1 cup cubed fresh pineapple
- 1 cup cubed fresh mango
- 1 cup granola
- 2 tbsp shredded coconut

DIRECTIONS

In 4 tall parfait glasses, evenly layer yogurt, pineapple, mango and granola. Top evenly with coconut. Serve immediately.



Makes 4 servings. Each:
313 calories • 12g protein •
5.5g fat • 57g carb • 3g fiber •
186mg sodium