

Breakfast Parfait

Serving Size: ¼ of recipe

Yield: 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

Instructions:

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

Cost:

Per Serving: \$1.03

Nutrition Facts			
Serving Size 1/4 of recipe (235g)			
Servings Per Container			
Amount Per Serving			
Calories 190	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 5mg	2%		
Sodium 40mg	2%		
Total Carbohydrate 44g	15%		
Dietary Fiber 3g	12%		
Sugars 35g			
Protein 4g			
Vitamin A 2%	• Vitamin C 45%		
Calcium 15%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate	Less Than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4