

## 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

<b>Nutrition Facts</b>			
Serving Size 1/4 of recipe (235g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 190</b>	<b>Calories from Fat 10</b>		
% Daily Value*			
<b>Total Fat 1g</b>	<b>2%</b>		
Saturated Fat 0.5g	<b>3%</b>		
Trans Fat 0g			
<b>Cholesterol 5mg</b>	<b>2%</b>		
<b>Sodium 40mg</b>	<b>2%</b>		
<b>Total Carbohydrate 44g</b>	<b>15%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 35g			
<b>Protein 4g</b>			
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			