



## Breakfast Parfait

### 4 Servings

### Ingredients:

2 cups pineapple, canned and chopped  
1 cup thawed berries, frozen  
1 cup yogurt, low-fat vanilla  
1 peeled and sliced banana  
1/3 cup raisins

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

### Nutrition Facts:

Calories	109
Fat	1 g
Saturated fat	.5 g
Carbohydrates	44 g
Sodium	40 mg
Cholesterol	5 mg
Sugar	35 g

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