



## Breakfast Parfait

**Source:** *University of Illinois Extension Service* | **Yield:** 4 servings; 209 Calories per serving.  
Total fat 1g; Protein 4g; Total carbohydrate 49g; Dietary fiber 3g, Sodium 44mg.

### INGREDIENTS:

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

### DIRECTIONS:

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

\*You can substitute any fruit desired