

## Yogurt Parfait /Fruit Combo

Dairy products need to be included in the daily diet. Plain low fat yogurt was used. Nonfat plain yogurt can be substituted if preferred (10 less calories per serving). This recipe contains ½ cup of fruit with no added sugar. Contributors: Los Angeles Healthy African American Families' staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1	Cup	Non Fat Yogurt, plain	
¼	Cup	Bananas	Chopped
¼	Cup	Canned Pineapple, crushed(in juice)	
1	Teaspoon	Sugar substitute	

1. Place layer of chopped banana in bottom of serving dish
2. Place yogurt on top of bananas.
3. Mix crushed pineapple with the sugar substitute and place on top of yogurt layer.
4. Refrigerate

*Yield: One (1) 1 cup servings.*

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	188	150 (6%)	-	-	5mg (1%)	1 (4%)

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Do you have recipes that you want us to modify?  
Send it to [Mable@cnesinc.org](mailto:Mable@cnesinc.org)