



Yogurt Parfait

An adapted recipe from SOAR—the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>)

Yield: 8 servings

Ingredients:

- 4 cups non-fat vanilla yogurt
- 2 cups canned pineapple chunks
- 1 cup frozen raspberries
- 1 medium banana, peeled and sliced
- ½ cup chopped dates
- ¼ cup sliced toasted almonds

Procedure:

Alternately layer yogurt and fruit into eight sundae glasses or other tall glassware. Top each with between 1 and 2 teaspoons of toasted almonds and serve.

about 250 calories and 3.5 grams of fat per serving (about 1 cup)

A serving of Yogurt Parfait also contains 3.6 grams of dietary fiber plus 20 percent of the daily calcium recommendation.