

Pina Colada Yogurt Parfait

Ingredients:

¹/₃ cup reduced-fat vanilla yogurt
¹/₂ cup crushed canned pineapple
1 tbsp. toasted coconut

Nutrition Facts Serving Size 1 parfait (178g) Servings Per Container 1		
Amount Per Serving		
Calories 130 Calo	ries fron	n Fat 30
% Daily Value*		
Total Fat 3.5g		5%
Saturated Fat 3g		15%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 55mg		2%
Total Carbohydrate 2	2g	7 %
Dietary Fiber 2g		8%
Sugars 21g		
Protein 4g		
	/itamin (C 15%
*Percent Daily Values are bas diet. Your daily values may be depending on your calorie nee Calories:	ed on a 2,0 higher or l	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	65g 20g 300mg 2,400mg 300g 25g 4 • Prote	80g 25g 300mg 2,400mg 375g 30g





Directions:

- To toast coconut: Place coconut in a small dry skillet and cook, stirring often until golden, about 5 minutes.
- 2. Top yogurt with pineapple and coconut.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.