Tropical Parfait

This is a great summer dessert that can be put together in no time! You can also use this recipe for an uplifting breakfast parfait!

Recipe adapted from: EatingWell.com

Category: Dessert
Total Time: 10 minutes

Ingredients:

1 Tbsp. coconut
½ cup vanilla yogurt
1/3 cup crushed pineapple
½ banana, sliced

Directions:

1. Toast coconut by placing it in a small, dry skillet cooking until golden, about 5 minutes. Stir frequently.

2. Put yogurt in a small bowl and top with prepared fruit.

3. Garnish with toasted coconut.

Nutrition Facts
Serves 1
Calories: 205
Fat: 3 grams
Saturated fat: 2 grams
Sodium: 82 mg
Carbohydrates: 39 grams
Fiber: 2 grams
Protein: 5 grams