



Raspberry-Mango Breakfast Parfait

Recipe courtesy of The American Heart Association



Servings: 4

Ingredients

- 2 cups fresh or frozen unsweetened raspberries, thawed if frozen
- 1 medium mango, diced
- 24 ounces fat-free plain yogurt
- 1 tablespoon sugar
- ½ teaspoon ground cinnamon

Nutrition Facts | 163 Calories Per Serving

Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.0 g
Cholesterol.	4 mg
Sodium.	99 mg
Total Carbohydrate	35 g
Dietary Fiber5 g
Sugars.25 g
Protein6 g

Dietary Exchanges

1 ½ fruit, 1 fat-free milk





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Directions

1 in each of four parfait glasses or wine goblets, spoon 2 tablespoons raspberries, 2 tablespoons mango, and a heaping 1/3 cup yogurt. Repeat the layers, using all the remaining yogurt.

2 in a food processor or blender, process the remaining raspberries and mango with the sugar and cinnamon until smooth. Spoon over each serving..



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