

Dessert

Mango-Ginger Parfaits

The Enlightened Cook

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Servings: 4

Preparation Time: 12 minutes

Start to Finish Time: 12 minutes

2 cups plain Greek yogurt

2 tablespoons mascarpone cheese

2 tablespoons brown sugar

2 tablespoons fresh lime juice

2 ripe mangoes, peeled and chopped

1/4 cup (4 cookies) gingersnap crumbs

2 tablespoons flaked sweetened coconut, toasted

In a bowl, combine the sugar and mascarpone cheese.

In a small bowl, combine the sugar, lime juice and mango. Toss to coat.

In a separate bowl, combine the gingersnaps and coconut.

Place 1/4 cup of the yogurt mixture into each of four parfait glasses.

Top with 1/4 cup of the mango mixture and 1 1/2 teaspoons of the gingersnap mixture.

Repeat the layers once.

Per Serving (excluding unknown items): 35 Calories; 2g Fat (40.3% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 4mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.