

Dessert

Melon Crunch Parfait

Try-Foods International - Apopka, FL

Servings: 4

Start to Finish Time: 20 minutes

1 carton (8 oz) lowfat vanilla yogurt

1 tablespoon brown sugar

1/2 small honeydew melon, cut into 1-inch cubes

1 cup granola

4 starwberries

Combine the yogurt and brown sugar.

Spoon half of the yogurt mixture into four dessert glasses.

Top with half of the melon cubes.

Add half the granola.

Repeat the layers, finishing with granola.

Garnish with strawberries.

Per Serving (excluding unknown items): 262 Calories; 9g Fat (29.7% calories from fat); 7g Protein; 42g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 57mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 2 Fat; 1/2 Other Carbohydrates.