

Misc.

Pina Colada Yogurt Parfait

Family Circle Magazine

1/4 Cup Canned Mandarin oranges

2/3 Cup Fat-free vanilla yogurt

1/2 Cup Canned crushed pineapple

Shaved toasted coconut

Place 1/4 cup canned Mandarin oranges in a parfait glass. Top with 1/3 cup of vanilla yogurt and 1/4 cup of crushed pineapple.

Repeat layering with 1/3 cup of yogurt, 1/4 cup of pineapple and 1/4 cup of Mandarin oranges.

Sprinkle top with shaved tasted coconut.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .