

Dessert

Tropical Yogurt Parfait

www.splenda.tastebook.com

Servings: 6

Start to Finish Time: 30 minutes

3 tablespoons shredded sweetened coconut, divided

2 cups non-fat Greek-style plain yogurt

1/4 cup crushed pineapple, drained

1 teaspoon vanilla extract

8 packets Splenda no calorie sweetener with fiber

2 bananas, sliced

1 cup mango, peeled and chopped

4 kiwis peeled and chopped

In a small frying pan over low heat, toast all of the coconut for 5 to 8 minutes or until golden brown. Stir frequently.

In a small mixing bowl, mix the yogurt, crushed pineapple, vanilla, sweetener and two tablespoons of the toasted coconut. Set aside.

In a bowl, mix the bananas, mango and kiwi together.

Spoon about two tablespoons of the yogurt mixture into parfait glasses or other clear serving dishes.

Top with about 1/4 cup of the fruit mixture.

Repeat so that there are two layers of yogurt and two layers of fruit in each serving dish.

Sprinkle each parfait with a bit of the remaining toasted coconut.

Yield: 6 cups

Per Serving (excluding unknown items): 62 Calories; trace Fat (3.6% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Fruit.