



Let's cook something delish!

Makes 4 Servings

Pina Colada Parfait

Ingredients

- 1 c. low-fat plain Greek yogurt
- ½ T. maple syrup
- ½ t. vanilla extract
- 1 c. finely crushed graham crackers, divided
- ½ banana, peeled and mashed
- 1½ c. pineapple, cut into ½-inch cubes
- 2 T. unsweetened coconut flakes, toasted

Let's cook
something
delish!



Directions

1. Combine yogurt, maple syrup and vanilla extract in a small bowl. Whisk to blend.
2. Combine ½ c. graham cracker and banana. Mix until smooth. Divide mixture between four glasses or mason jars.
3. Top with pineapple, yogurt mix and remaining ½ cup graham cracker, alternating until you reach the top of the jar, finishing with the yogurt. Sprinkle with toasted coconut and serve.

Find more delicious recipes at hally.com/category/food-cooking. Yum!

Calories: 230, Total Fat: 6 g, Cholesterol: 5 mg, Sodium: 140 mg, Total Carbohydrate: 36 g, Fiber: 3 g,
Total Sugars: 19 g, Protein: 9 g

Source: www.FruitsAndVeggies.org

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.

PHMBHY23-SO|recipecd-0823