Dinner Tonight!

Breakfast Parfait

2 cups pineapple, canned and chopped  
1 cup yogurt, low-fat vanilla  
1/3 cup raisins

1 cup thawed berries, frozen  
1 peeled and sliced banana

In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins.

Preparation Time: 5 minutes
Cook Time: 0
Serves: 4

Nutrition facts per serving:
Calories: 190
Total Fat: 1 g
Cholesterol: 5 mg
Sodium: 40 mg
Total Carbohydrate: 44 g
Protein: 4 g