



Pineapple Coconut Parfait

2 Servings • 1 Serving = 1 Cup Yogurt and ½ Cup Pineapple

INGREDIENTS

- 2 cups plain nonfat Greek yogurt
- 1 Tablespoon honey
- 2 Tablespoons coconut cream
- 1 cup pineapple, fresh or canned in 100% juice (if canned, drain and rinse)
- 2 Tablespoons unsweetened coconut flakes
- Optional: granola

DIRECTIONS

1. In a bowl, combine Greek yogurt, honey, and coconut cream. Mix well.
2. Dice the pineapple.
3. In a mason jar or small cup, layer the yogurt, pineapple, and coconut.
4. Repeat layers.
5. Top with granola.

Nutrition Facts

2 servings per container
Serving size 1 cup Yogurt and
1/2 cup Pineapple

Amount per serving
Calories **300**
% Daily Value*

Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 34g	
Includes 9g Added Sugars	18%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 250mg	1300%
Potassium 454mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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