



Pineapple Coconut Parfait

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

Tips on Pineapple



How To Store

In the refrigerator in a perforated plastic bag for 3-5 days.



How To Use

Add to fruit salad, smoothies, fresh juice or with desserts.



Health Benefits

Boost immunity, improve digestion & promote strong bones.

INGREDIENTS

- 2 cups plain non-fat 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

- In a bowl, combine Greek yogurt, honey and coconut cream. Mix well.
- Dice the pineapple.
- In a mason jar or small cup, layer the yogurt, pineapple and coconut.
- Repeat layers. And top with granola.

Nutrition Facts

2 servings per container
Serving size 1 cup yogurt, 1/2 cup pineapple
(227g)

Amount per serving
Calories **220**

% Daily Value*

Total Fat 5g	6%
Saturated Fat 4g	20%
Trans Fat 0g	

Cholesterol 5mg	2%
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Sodium 65mg	3%
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Total Carbohydrate 27g	10%
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Dietary Fiber 1g	4%
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Total Sugars 21g	
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Includes 1g Added Sugars	2%
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Protein 16g	
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Vitamin D 0mcg	0%
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Calcium 172mg	15%
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Iron 0mg	0%
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Potassium 325mg	6%
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*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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