

# Pineapple-Raspberry Parfaits

You won't mind serving dessert on a busy weeknight after assembling these quick parfaits.



## Ingredients

- 2 8-ounce containers (2 cups) nonfat peach yogurt
- 1 ½ cups fresh, frozen or canned pineapple chunks
- ½ pint fresh raspberries (about 1 ¼ cups)

## Instructions

1. Divide and layer yogurt, raspberries and pineapple into 4 glasses.

**Yield:**  
4 parfaits

**Active Time:**  
5 minutes

**Total Time:**  
5 minutes

### Nutrition Per Serving

154 Calories, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 2 mg, Carbohydrates: 33 g, Fiber: 2 g, Total Sugars: 29 g, Added Sugars: 5 g, Protein: 5 g, Sodium: 66 mg, Potassium: 333 mg, Iron: 0 mg, Folate: 27 mcg, Calcium: 188 mg, Vitamin A: 59 IU, Vitamin C: 38 mg

**Carbohydrate Servings: 2**