

# Pineapple Coconut Parfait

2 Servings • 1 Serving = 3 Cups

## Tips on Pineapple



### How To Store

Store at room temperature. If ripe, store in the fridge in an unsealed container.



### How To Use

Add to salads, sauté with onions & potatoes, or stuff with zucchini & bake.



### Health Benefits

Promotes prostate, urinary & DNA health. Helps prevent cancer & heart disease.

## 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

- 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.
- 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%

Sodium 65mg 3%

Total Carbohydrate 27g 10%

Dietary Fiber 1g 4%

Total Sugars 21g

Includes 1g Added Sugars 2%

Protein 16g

Vitamin D 0mcg 0%

Calcium 172mg 15%

Iron 0mg 0%

Potassium 325mg 6%

\*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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