

Strawberry Mango Parfait

Serving Size: 1 cup

Serves: 8

Ingredients

2 ounces cointreau liquor, divided
2 large fresh mangos
1 pint fresh strawberries
2 cups fat free, sugar free vanilla yogurt
2 cups low fat granola cereal
¼ cup sugar free, fat free whipped topping

Directions

1. Peel and dice the mangos.
2. Top and slice the strawberries.
3. Mix half the cointreau liquor into the diced mango and half into the strawberries and set aside.
4. In an 8 ounce dessert cup, layer the following ingredients: ¼ cup mango, ¼ cup yogurt, ¼ cup strawberries and ¼ cup granola. Repeat for each dessert cup.
5. Garnish with a dot of whipped topping.

Exchanges per serving:

1 Milk, 2 Fruits, 1 Fat

Nutrients per serving:

Calories: 242

Calories from fat: 71

Total Fat: 8g

Cholesterol: 1mg

Sodium: 38mg

Total Carbohydrate: 33g

Dietary Fiber: 4g

Protein: 7g