

Mango Breakfast Parfait

Ingredients:

1/2 cup diced frozen mango pieces
1/2 cup diced frozen peaches
1/4 cup sliced banana (optional)
6 ounces low-fat light vanilla yogurt of choice (3/4 cup)
1/4 cup soy milk
1/3 cup low-fat granola

Preparation:

Add mango, peaches, banana, yogurt, and soy milk to small food processor or blender and pulse until smooth (mixture will be thick).

Spoon into serving glass or bowl and top with the granola. Eat with a spoon!

Yield:

1 serving

Nutritional Information:

Per serving: 297 calories, 12 g protein, 60 g carbohydrate, 3.5 g fat, 0.2 g saturated fat, 1.3 g monounsaturated fat, 1.6 g polyunsaturated fat, 4 mg cholesterol, 7 g fiber, 174 mg sodium.