



## Raspberry-Mango Breakfast Parfait

Recipe courtesy of The American Heart Association



**Servings:** 4

### Ingredients

- 2 cups fresh or frozen unsweetened raspberries, thawed if frozen
- 1 medium mango, diced
- 24 ounces fat-free plain yogurt
- 1 tablespoon sugar
- ½ teaspoon ground cinnamon

### Nutrition Facts | 163 Calories Per Serving

Total Fat . . . . .	0.5 g
Saturated Fat . . . . .	0.0 g
Trans Fat . . . . .	0.0 g
Polyunsaturated Fat . . . . .	0.5 g
Monounsaturated Fat . . . . .	0.0 g
Cholesterol . . . . .	4 mg
Sodium . . . . .	99 mg
Total Carbohydrate . . . . .	.35 g
Dietary Fiber . . . . .	5 g
Sugars . . . . .	.25 g
Protein . . . . .	6 g

### Dietary Exchanges

1 ½ fruit, 1 fat-free milk





## Raspberry-Mango Parfait

### Directions

**1** in each of four parfait glasses or wine goblets, spoon 2 tablespoons raspberries, 2 tablespoons mango, and a heaping 1/3 cup yogurt. Repeat the layers, using all the remaining yogurt.

**2** in a food processor or blender, process the remaining raspberries and mango with the sugar and cinnamon until smooth. Spoon over each serving..

Two clear glass goblet-style glasses filled with a layered parfait. The layers from bottom to top are: granola, white yogurt, mango chunks, granola, white yogurt, mango chunks, and fresh raspberries. Each glass is garnished with fresh green mint leaves. The background is a soft-focus white surface with more mango and granola scattered around.

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