

Prune Parfait

Serves 1

This parfait is a naturally sweet & creamy treat. Plus it contains the bone strengthening duo: prunes + yogurt.

The Ingredients

1/2 cup 2% plain Greek yogurt

3 Sunsweet prunes, quartered

2 teaspoons unsweetened shredded coconut, toasted

1/2 teaspoon honey

The Steps

1) Put yogurt into a small dish and top with Sunsweet prunes and coconut.

2) Drizzle with honey.

Nutrition (1 parfait): *180 calories, 5g total fat, 3.5g saturated fat, 0g trans fat, 10mg cholesterol, 40mg sodium, 26g carbohydrate, 2g fiber, 18g sugar, 10g protein, 6% vitamin A, 8% calcium, 0% vitamin C, 2% iron*

