



# Raspberry-Mango Breakfast Parfaits

## INGREDIENTS

- Fresh or frozen raspberries, thawed
- 1 medium mango (diced)
- 4 6-ounce containers fat-free vanilla yogurt (for added protein try Greek yogurt)
- ½ tsp. ground cinnamon

## DIRECTIONS

1. In four containers of your choosing (Tupperware, mason jars, wine goblets), spoon 3 tablespoons of raspberries, 2 tablespoons of mango and 1/3 cup yogurt. Repeat the layers, using all of the remaining yogurt.
2. In a food processor or blender, blend remaining raspberries and mango with cinnamon until smooth. Spoon over each serving.



*Recipe courtesy of American Heart Association*

**Serving size: 1 parfait | Servings: 4**

**Nutrition Information:** Calories: 163, Protein: 6g, Polyunsaturated Fat: 0.5g, Cholesterol: 4mg, Sodium: 99mg, Dietary Fiber: 5g, Sugars: 25g, Protein: 6g