

Polynesian Parfaits

Betty Vogt

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

*1 cup plain yogurt
1 banana, sliced
1 can (11 ounce) mandarin
oranges, drained
2 teaspoons sugar
lemon juice
1 can (8 ounce) pineapple
chunks in juice, drained
ground nutmeg*

In a bowl, combine the yogurt and sugar.

Dip the banana slices into lemon juice to prevent darkening.

In four sherbet dishes, layer the yogurt mixture, banana slices, orange sections and pineapple chunks. Cover.

Chill for at least one hour.

Per Serving (excluding unknown items): 120 Calories; 2g Fat (15.7% calories from fat); 3g Protein; 24g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 30mg Sodium. Exchanges: 1 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.