



Dessert Island Parfait

PER SERVING (entire recipe): 199 calories, 1g fat, 107mg sodium, 43.5g carbs, 2.75g fiber, 33.5g sugars, 8g protein -- **PointsPlus®** value 5*



Ingredients:

3 drops coconut extract
One 6-oz. container fat-free vanilla yogurt
Half a banana, sliced into coins
1/4 cup chopped mango
2 tbsp. Fat Free Reddi-wip (or more!)
1 tsp. shredded sweetened coconut

Directions:

Add coconut extract to yogurt and mix well.

Spoon half of the yogurt into a glass, and then top with half of the banana coins and half of the chopped mango. Repeat layering with the remaining yogurt, banana, and mango.

Top with whipped topping (add an extra serving, if you like) and coconut shreds and enjoy!

MAKES 1 SERVING

HG Tip: Toast your coconut! Just cook shredded coconut in a dry skillet over medium heat until lightly browned.



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