

Fruity Breakfast Parfait

Makes 4 servings

Ingredients:

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup low fat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted



Method:

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.



Utensils Needed:

Measuring Cups
4 (6-ounce)
Stemmed Sundae
Glasses
Spoon
Knife

Nutritional Info:

(per serving)
258 calories
6g protein
5g fat (1g sat.)
47g carbohydrate
43mg sodium
3mg cholesterol



Apple Tuna Sandwich

Makes 3 servings

Ingredients:

- 1 can (6 1/2 ounce) tuna in water, drained
- 1 small apple, halved (remove seeds) and chopped (1 cup)
- 1/4 cup low fat vanilla yogurt
- 1 teaspoon prepared mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 iceberg lettuce leaves

Method:

1. Combine tuna, apple, yogurt, mustard, and honey.
2. Spread 1/2 cup mixture on 3 bread slices.
3. Top each with lettuce leaf and remaining bread.
4. Place on cutting board. Cut sandwiches in half.



Utensils Needed:

Mixing Bowl
Measuring Cup
and Spoons
Mixing Spoon
Sharp Knife
Cutting Board

Nutritional Info:

(per serving)
255 calories
21g protein
4g fat (1.3g sat.)
34g carbohydrate
730mg sodium
23mg cholesterol