

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Breakfast Parfait

Ingredients

- 3/4 cup low-fat cottage cheese or low-fat plain yogurt
- 1 cup pineapple chunks, papaya chunks or peaches
- 2 teaspoons toasted wheat germ

Preparation

1. Place cottage cheese (or yogurt) in a small bowl. Top with fruit and sprinkle with wheat germ.

Nutrition

Per serving (with cottage cheese, pineapple): 247 calories; 3 g fat (2 g sat, 0 g mono); 15 mg cholesterol; 40 g carbohydrates; 20 g protein; 3 g fiber; 632 mg sodium; 479 mg potassium.

Nutrition Note: Per serving (with yogurt, papaya): 196 calories; 4 g fat (2 g sat, 1 g mono); 11 mg cholesterol; 31 g carbohydrate; 12 g protein; 3 g fiber; 140 mg sodium; 738 mg potassium.
Nutrition bonus: Vitamin C (150% daily value), Vitamin A (30% dv), Calcium (37% dv), Folate (23% dv), Potassium (21% dv), Magnesium (19% dv), Zinc (17% dv).

Makes: 1 servings • **Active Time:** 5 minutes • **Total Time:** 5 minutes

