



## **Chilean Cherry Berry Parfait**

### INGREDIENTS

- 1 cup fresh sweet Chilean cherries
- 1 cup fresh Chilean raspberries or blueberries
- 1 cup chopped fresh or canned pineapple
- 1 cup low-fat vanilla or lemon yogurt
- 1 medium sliced banana
- 1/3 cup chopped dates
- 1/4 cup sliced, toasted almonds

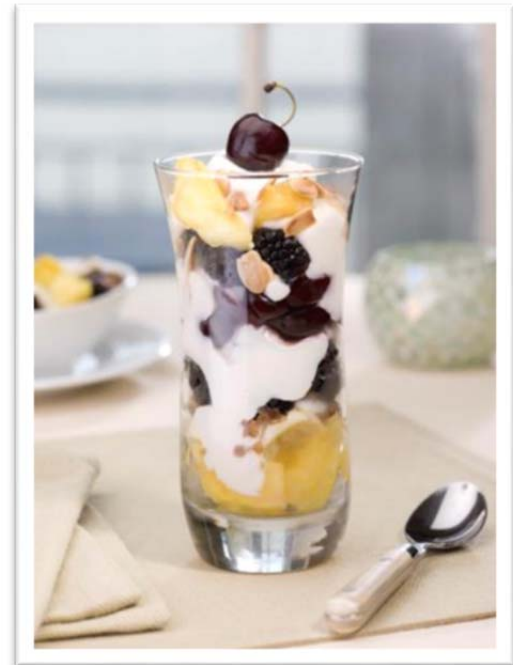
### INSTRUCTIONS

Set aside 4 whole Chilean cherries. Remove the pits and slice the remaining cherries in half. In tall or stemmed glasses, layer the cherries, pineapple, raspberries, yogurt, banana and dates. Sprinkle the almonds on top and garnish with a whole, sweet cherry.

SERVES 4

### NUTRIENTS PER SERVING

208 calories, 5g protein, 4g fat, 18% calories from fat, 41g carbohydrate, 4mg cholesterol, 4g fiber, 39mg sodium



*Recipe from the Chilean Fresh Fruit Association*