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ANY 1 DOLE All Natural Fruit Jar



**Tropical Fruit
Granola Parfait**



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**Tropical Fruit
Granola Parfait**

Prep: 10 min.

Makes: 2 servings

- 1 jar (24.5 oz.) DOLE® Tropical Fruit
- 3/4 cup granola
- 1 carton (6 oz.) vanilla low-fat yogurt
- cinnamon sticks (optional)
- **Measure** 1-1/2 cups drained tropical fruit
- **Layer** granola, tropical fruit and yogurt in parfait glasses. Garnish with cinnamon sticks, if desired.

Per Serving: 434 calories, 12g fat (0g sat),
6mg cholesterol, 51mg sodium,
71g carbohydrates (6g dietary fiber, 12g sugar),
12g protein, 18% VItA, 69% VItC,
13% calcium, 15% iron, 7% potassium, 9% fiber



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