

KIWIFRUIT CAROUSEL PARFAIT from Zespri Kiwi!

INGREDIENTS:

1 (6 oz) container Non-fat yogurt, flavor of your choice
1 ZESPRI™ GREEN or GOLD Kiwifruit, peeled and sliced
4 Animal crackers

METHOD:

Arrange kiwifruit around edge
of small glass or bowl. Top with yogurt and animal crackers.

Nutritional Analysis per Serving: Calories 180, 8g Protein, 36g Carbohydrate, 2g
Fiber, 1.5g Fat, 0g Sat. Fat, 0g Trans Fat, 2mg Cholesterol, 106 mg Sodium

Nutritional Bonuses

Low-fat

Excellent source of vitamin C

Excellent source of calcium

Good source of fiber

Good source of potassium

Prep time: 3 minutes

Makes 1 serving