

# Banana-Mango Breakfast Parfaits

*These fruit-and-yogurt parfaits are very lightly sweetened, because it's a good idea to limit the sugar you have for breakfast. However, if it helps entice your family, increase the amount of honey in the yogurt.*

1 ripe mango, cubed  
2 ripe bananas, cut up  
2 tsp. plus 3 Tbsp. honey  
1 tsp. vanilla extract  
3 cups 2% Greek yogurt  
Cubed mango for garnish (optional)



1. In a food processor or blender, puree the mango, bananas, 2 teaspoons of the honey and  $\frac{1}{2}$  teaspoon of the vanilla.
2. In a bowl, stir together the yogurt and remaining 3 tablespoons honey and  $\frac{1}{2}$  teaspoon vanilla.
3. Spoon  $\frac{1}{4}$  cup of the yogurt mixture into each of six 8-ounce glasses (juice glasses work well). Dividing evenly, top with the banana-mango mixture and then a final layer of yogurt.
4. Eat right away or chill until serving time. Garnish with a few mango cubes if desired.

Makes 6 servings

Total time: 15 minutes

Per serving: 173 calories, 2.5 g fat, 30 g carbohydrates (1.7 g fiber), 10 g protein, 39 mg sodium

