



## **Grilled Parfait**

### **Ingredients:**

4 pineapple rings  
1 medium orange, sliced  
1 medium grapefruit, sliced  
1 medium apple, sliced  
1 tbsp light margarine  
1/2 tsp cinnamon  
3 cups non-fat Greek yogurt  
2 tbsp Almonds, slivered  
2 tbsp dried unsweetened coconut

### **Directions:**

1. Slice the orange, grapefruit, and apple.
2. Melt the margarine in the microwave and combine with cinnamon. Brush mixture over the fruit slices.
3. Put fruit on a skewer and place on grill. Grill the fruit for 3-4 minutes per side, or until grill marks form.
4. Remove from grill and cut into small, bite-sized pieces.
5. Layer fruit with Greek yogurt and top with a sprinkle of almonds and dried coconut.

### **Nutrition Facts per serving:**

Recipe serves 3  
Calories 420  
Fat 13.3 g  
Carbs 50.7 g  
Protein 28.2 g