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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.