

Thrive Across America

Breakfast Parfait

A little low fat dairy and some vitamin-rich fruit and you've just started your day right, nutritionally speaking.

Ingredients

- 3/4 cup of low-fat cottage cheese, or low-fat plain yogurt
- 1 cup of pineapple chunks, papaya chunks or cling peaches
- 2 teaspoons of toasted wheat germ

Directions

1. Place cottage cheese (or yogurt) in a small bowl. Top with fruit and sprinkle with wheat germ.

Nutrition Information

Per serving (with cottage cheese, pineapple): 247 calories; 40 g carbohydrates; 3 g fat (2 g sat, 0 g mono); 20 g protein; 15 mg cholesterol; 3 g dietary fiber; 479 mg potassium; 632 mg sodium. Nutrition bonus: Vitamin C (28% daily value), Calcium (33% dv).

Provided by EatingWell.com © 2007 EatingWell® Media Group

healthworks
by KAISER PERMANENTE.

