

VEGETARIAN

# Tropical Fruit Parfait

5 October 2026

| TOTAL TIME | PREP   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|-------------|----------|
| 10 min     | 10 min | 2      | \$3.18      | 695 kcal |



If you want to add more lacto ovo vegetarian recipes to your collection, Tropical Fruit Parfait might be a recipe you should try. This recipe makes 2 servings with 695 calories, 20g of protein, and 12g of fat each. For \$3.18 per serving, this recipe covers 25% of your daily requirements of vitamins...

## Ingredients

- ☐ 1 banana, sliced
- ☐ 15¼ ounce tropical fruit salad, drained (recommended: Dole) canned
- ☐ 2 teaspoons lime juice
- ☐ 2 cups nonfat vanilla yogurt (recommended: Dannon Lite and Fit)

☐ 1 pinch cayenne pepper

☐ 1 cup cinnamon granola cereal

☐ 2 servings Fresh mint sprigs, for garnish

EQUIPMENT Bowl

## Method

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- 1 In a small bowl stir together yogurt, lime juice, and cayenne pepper; set aside.
- 2 Spoon 1/4 of drained fruit into the bottom of 2 wine or parfait glasses.
- 3 Add 1/4 of the banana. Spoon 1/4 cup yogurt mixture over fruit and top with 1/4 cup of granola. Repeat layers.
- 4 Serve immediately garnished with a sprig of fresh mint.

### Nutrition per serving

| 695           | 20 g    | 12 g | 133 g                        |
|---------------|---------|------|------------------------------|
| KCAL          | PROTEIN | FAT  | CARBS                        |
| Saturated Fat |         |      | 1.7 g · 11% of daily needs   |
| Fibre         |         |      | 8.3 g · 33% of daily needs   |
| Sugar         |         |      | 90.6 g · 101% of daily needs |
| Sodium        |         |      | 174 mg · 8% of daily needs   |
| Cholesterol   |         |      | 4.9 mg · 2% of daily needs   |
| Vitamin C     |         |      | 13.5 mg · 16% of daily needs |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/tropical-fruit-parfait-148006](https://whatsheate.com/tropical-fruit-parfait-148006)