



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

MANGO-GINGER PARFAITS

CookingLight.com

Makes 4 servings

- 2 cups plain 2% reduced-fat Greek yogurt**
- 2 tablespoons mascarpone cheese**
- 2 tablespoons brown sugar**
- 2 tablespoons lime juice**
- 2 peeled mangoes, chopped**
- ¼ cup gingersnap crumbs**
- 2 tablespoons flaked, sweetened coconut, toasted**

- Combine 2 cups yogurt and mascarpone.**
- Combine sugar, lime juice, and mango.**
- Combine gingersnaps and coconut.**
- Place ¼ cup yogurt mixture into each of 4 parfait glasses. Top with 1/4 cup mango mixture and 1½ teaspoons gingersnap mixture. Repeat layers.**