



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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## **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.**