

Pina Colada Parfait

Ingredients

- 1 cup low-fat plain Greek yogurt
- ½ tablespoon maple syrup
- ½ teaspoon vanilla extract
- 1 cup finely crushed graham crackers, divided
- ½ banana, peeled and mashed
- 1½ cups pineapple, cut into ½-inch cubes
- 2 teaspoons unsweetened coconut flakes, toasted



Directions

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1. Combine yogurt, maple syrup and vanilla extract in a small bowl. Whisk to blend.
2. Combine ½ cup graham cracker and banana. Mix until smooth. Divide mixture between four glasses or mason jars.
3. Top with pineapple, yogurt mix and remaining ½ cup graham cracker, alternating until you reach the top of the jar, finishing with the yogurt. Sprinkle with toasted coconut and serve.

