**Pineapple Raspberry Parfait (makes 4 servings)**

Ingredients:

2 8-ounce containers (2 cups) nonfat peach yogurt

1/2 pint fresh raspberries, (about 1 1/4 cups)

1 1/2 cups fresh, frozen or canned pineapple chunks

Preparation:

1. Divide and layer yogurt, raspberries and pineapple into 4 glasses.

**Banana No Split Frozen Yogurt (makes 4 servings)**

Ingredients:

2 Ripe bananas

1 ½ cups plain nonfat Greek yogurt

Dash of nutmeg

2 tablespoons crushed peanuts(optional)

4 teaspoons cacao nuts

Preparation:

1. Slice 2 ripe bananas and freeze, reserving half a banana. Puree frozen banana with 1 ½ cups plain nonfat Greek yogurt and pinch of nutmeg. Transfer to a loaf pan, cover mixture to blender and pulse for 15-30 seconds until smooth. Divide among 4 bowls and top with reserved banana slices; sprinkle with 2 tablespoons crushed peanuts and 4 teaspoons cacao nuts