**Carrot-Cake Parfait**

*(Serves 1)*

6-oz. Low-fat vanilla yogurt  
2 T. Grated carrot (about 1/3 whole carrot)  
2 T. Small diced fresh pineapple,  
   (or Canned Crushed pineapple, drained)  
1 T. Granola  
1 T. Raisins  
1 tsp. Honey  
Dash of cinnamon

1. Spoon 1/3 of the yogurt into an 8-oz. cup.  
2. Sprinkle carrots over yogurt.  
3. Cover with another 1/3 of the yogurt  
4. Top with pineapple and remaining yogurt.  
5. Garnish with nuts or raisins, a drizzle of honey, and a dash of cinnamon.