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.