Fruit Parfait with Mint & Ginger Vanilla Yogurt
(Serves 12)

3 pints  Fresh berries, or other cut-up bite size (1 inch) fruit (banana, apple, cantaloupe, honeydew melon, papaya, mango etc.), carrot (grated)
2 cups   Plain, or Vanilla, low fat yogurt
2 Tbsp  Honey, or maple syrup

1. Divide ½ cup fruit into clear cups
2. Top with a spoonful of yogurt
3. Drizzle with honey or maple syrup on top

Mint & Ginger Vanilla Yogurt Sauce
(Serves 12)

* Can be used as a sauce for a fruit salad of your favorite Hawaii fruits

2 cups   Low fat vanilla yogurt
1 tsp.   Freshly grated (with a grater), or finely chopped ginger,
and/or  Citrus (lemon or lime) zest (with a zester or a micro-plane)
and/or  Fresh mint, chopped

1. Combine yogurt, ginger, mint or zest in small serving bowl, mix well until smooth
2. Keep chilled until ready to serve