



## Tropical Cake Breakfast Parfait



Entire recipe: 220 calories, 3.5g total fat (2g sat. fat), 305mg sodium, 35.5g carbs, 1g fiber, 17.5g sugars, 12g protein

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**Prep:** 10 minutes    **Cook:** 5 minutes

**Cool:** 10 minutes



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### Ingredients

3 tbsp. yellow cake mix  
1/2 cup + 1 1/2 tbsp. zero-sugar coconut Greek yogurt ([like the kind by Chobani](#)), divided  
1 tbsp. (about 1/2 large) egg white or fat-free egg substitute  
2 tbsp. light whipped topping (thawed from frozen)  
1 tbsp. crushed pineapple in juice, drained  
1 tsp. sweetened shredded coconut

### Directions

Spray a microwave-safe mug or small bowl with nonstick spray. Add cake mix, 1 1/2 tbsp. yogurt, and egg white/substitute. Microwave for 1 minute, or until set.

Gently shake mug to release, and transfer cake to a plate. Let cool slightly, about 10 minutes.

Cut cake into small pieces.

Spoon 1/4 cup yogurt into a small glass. Top with half of the cake pieces. Repeat layering with remaining 1/4 cup yogurt and cake pieces.

Top with whipped topping, pineapple, and coconut.

**MAKES 1 SERVING**

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