

Strawberry and Amaretto Parfait

Sodium Per Serving – 61mg

Serves 4

4 scoops nonfat or lowfat vanilla ice cream or frozen yogurt

1 cup strawberries, hulled and sliced

4 tbsp Amaretto or other almond-flavored liqueur*

4–8 tbsp LS chocolate sauce*

Whipped cream (optional)

1. Place a scoop of ice cream in a glass goblet; top with 1/4 cup strawberries, 1 tbsp Amaretto, and 1–2 tbsp chocolate sauce. Top with whipped topping and serve.
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NUTRITIONAL INFO PER SERVING: Calories 162, Fat 0g (Saturated Fat 0g), Cholesterol 0mg, Carbohydrates 28g (Fiber 1g, Sugar 12g), Sodium 61mg

*Recipe Notes

1. Amaretto also goes well with raspberries, blueberries, or sliced peaches.
2. Most chocolate sauce has added sodium (65mg per tbsp) and fat. Two LS brands I like to use are Steel's (16mg) and Wax Orchards (40mg and is also fat free).