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*If Veterans don't help Veterans, who will?*

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## ***Pineapple-Raspberry Parfaits***

- 16 Ounces yogurt, nonfat, peach
- 1/2 Pint raspberries, (about 1.25 cups)
- 1 1/2 Cups pineapple chunks

Divide and layer yogurt, raspberries and pineapple into 4 glasses.

Makes 4 Servings

