DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Samuel (Sam) Tyler				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☐ Side Dishes	☒ Healthy Desserts
COUNTY	Henderson			
AGE DIVISION	☒ Junior	☐ Intermediate	☐ Senior	

Name of Recipe: Hawaiin Delight Yogurt Parfait		
Prep Time: 6 minutes	**Cook Time:** 0 minutes	**Cost:** $1.81

Type Recipe Here:

Ingredients
1 cup plain Greek yogurt, divided
1 cup fresh pineapple, chopped
1/4 cup unsweetened coconut

Directions
Toast coconut until light brown

Layer your Greek yogurt on the bottom, then pineapple, then yogurt again. Top with pineapple, and sprinkle with coconut. Enjoy!

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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