

Greek Yogurt Sundae

1 cup plain fat-free Greek yogurt
½ cup low-fat granola

1 cup kiwi, sliced
dash of nutmeg

In a bowl, layer 1 cup plain fat-free Greek yogurt with 1/2 cup granola and 1 cup sliced kiwi. Sprinkle with a dash of nutmeg. *Can add additional fruit if desired.*

Tropical Smoothie with Kale

1 ½ cups frozen pineapple chunks
1 cup chopped kale
1 banana cut in chunks
1 cup 30-calorie almond milk, or as needed

Place pineapple, kale, and banana in a NurtiBullet® or blender; add almond milk. Blend until smooth. Makes 2 servings. 88 calories, 1 gram fat.

For more information contact:

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