



SUNDAE FUNDAY

Makes 2 Servings

Serving Size: 1/2 muffin

Ingredients

1 muffin

1 cup (8-ounce) low-fat yogurt, any flavor

1 cup cut-up fresh and/or dried fruit

Directions

Divide muffin in half.

Place ½ in each of two bowls.

Top each with half of the yogurt and ½ cup of fruit.

Nutrition Information Per Serving

220 Calories, Total Fat 4g, Saturated Fat 1g, Protein 7g, Total Carbohydrate 54g, Dietary Fiber 3g, Sodium 200mg, Good source of calcium and vitamins A and C.

****Great way to use leftover muffins! Muffin may be warmed if desired.***

