



Granola Sundaes

Makes 1 serving

Ingredients:

- 6-ounce container low-fat plain or vanilla yogurt
- 1/4 cup fresh or frozen fruit
- 1/4 cup low-fat granola cereal

Directions:

1. Wash hands and surfaces.
2. If using fresh fruit, wash it
3. Spoon yogurt into serving bowl.
4. Top yogurt with fruit and sprinkle granola on top.
5. Refrigerate leftovers immediately



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