

Eat Smart • Move More

Yogurt Fruit Crunch

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

2 cups of your favorite fruit
¾ cup low-fat plain yogurt
½ cup granola



Directions



1. Divide fruit into serving bowls.



2. Layer yogurt on top of fruit in bowl.



3. Top each bowl with ¼ cup of granola.



4. Serve and enjoy!

Nutrition Facts

2 servings per container

Serving size **1 serving**
(267.38g)

Amount per serving
Calories **310**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 70mg **3%**

Total Carbohydrate 50g **18%**

Dietary Fiber 6g **21%**

Total Sugars 33g

Includes g of Added Sugars

Protein 10g

Vitamin D 0mcg **0%**

Calcium 189mg **15%**

Iron 2mg **10%**

Potassium 477mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from: <https://www.whatscooking.fns.usda.gov>)

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