

Eat Smart • Move More

Yogurt con Frutas

Tiempo de Preparación: 5 minutos

Tiempo Total: 10 minutos



Ingredientes

- ¼ taza de yogurt de vainilla, reducido en grasa
- 2 cucharadas de jugo de naranja
- ¼ cucharadita de canela molida
- 2 tazas de sus frutas favoritas, lavadas, peladas y en rodajas

Nutrition Facts

4 servings per container		
Serving size		1 serving
		(77.71g)
Amount per serving		
Calories		45
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	1g	4%
Total Sugars	8g	
Includes g of Added Sugars		
Protein	<1g	
Vitamin D	0mcg	0%
Calcium	32mg	2%
Iron	0mg	0%
Potassium	108mg	2%

*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.

Consejos Rápidos

- ▶ Utilice una combinación de sus frutas favoritas - como manzanas, peras, bananas o uvas.
- ▶ Pruebe esta colación rápida y fácil la próxima vez que tenga hambre y quiera algo dulce.
- ▶ Siempre lave la fruta antes de cortarla o comerla.

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Preparación

- Mezclar el yogurt, el jugo de naranja y la canela en un bol para mezclar y revolver hasta obtener una consistencia suave.
- Mojar la fruta con la mezcla del yogurt.

(Receta adaptada de: <https://www.myplate.gov>.)

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