

Classic Fruit, Granola, and Yogurt Cup

Makes 1 serving

- 3/4 cup** of your favorite **fat-free yogurt**
(try lemon, vanilla, or plain!)
- 1/4 cup** of your favorite **frozen fruit**, thawed or frozen
(try mixed berries or black-berries!)
- 1/4 cup granola**
(No granola? Try crushing up your favorite cereal!)

- 1) Combine all ingredients in small bowl.
- 2) Enjoy!



NUTRITION INFORMATION (PER SERVING):

Total Calories: 240

Total Fat: 3g

Saturated Fat: 1g

Fiber: 4 g

Protein: 14g

Carbohydrates: 40g

Sodium: 193mg

FOOD FOR THOUGHT:

This **well-balanced** recipe is **quick**, **easy**, and good as **snack** or even **dessert**! The yogurt provides not only **protein** and **calcium**, but also contains **probiotics**. Probiotics in yogurt are living bacteria (good bacterial!) that are **beneficial** to the health of the **GI tract**. The frozen **berries** contain various **phytochemicals** that are beneficial to the body. **Flavonoids** in berries (especially deeply colored berries), act as an **antioxidant**, protecting the body against cellular damage. Also, **Ellagic acid** found in **strawberries** may **protect** the body from certain types of **cancer**!

Who could pass up all the benefits associated with such a delicious snack/dessert!

Recipe provided by Maria Roberts, student intern 1/08

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