

5 A Day Recipes

Snacks

Snackin' Yogurt

Serves 1

- 6 to 8 ounces unflavored nonfat yogurt
- 2 dried figs, sliced
- ¼ red apple, cored, diced
- ½ small banana, sliced
- 2 Tbsp. granola
- 1 Tbsp. toasted pecans, chopped
- 2 Tbsp. maple syrup

Freeze yogurt about one hour. Remove lid and invert over small bowl. Puncture bottom of container and shake to loosen contents. Remove carton or spoon yogurt into bowl. Top with dried figs, apple, banana, granola and pecans. Pour on maple syrup.

Nutritional Analysis

Calories: 494
Fat: 9 g
Cholesterol: 4 mg
Fiber: 6 g
Sodium: 178 mg
% Calories from Fat: 16%

This is an official 5 A Day recipe, and provides one person with more than one serving of fruit.