

Another Easy & Nutritious Recipe from WNEP

Layered Fruit and Cereal

1 6-8 oz container lowfat plain or flavored yogurt

$\frac{3}{4}$ cup flake or chex type cereal

1 cup sliced, fresh or canned fruits, such as bananas, peaches, berries or apples or $\frac{1}{2}$ cup dried fruit, such as raisins, cranberries, chopped apricots, or dates

1. Put yogurt or cottage cheese in bowl
2. Add choice of cereal
3. Top with choice of fruit

Makes 1 serving

