ALMOST A PYRAMID SUNDAE

SERVES 1

Preparation time: 5 minutes

INGREDIENTS

6-8 ounces low fat vanilla yogurt
2 tablespoons granola or graham cracker crumbs
2 tablespoons dry roasted peanuts, soy nuts, or sunflower seeds
½ cup fruit (mandarin oranges, fruit cocktail, kiwi, strawberries)

DIRECTIONS

1. Spoon a small amount of yogurt in the bottom of a cup or glass.
2. Layer half of the granola and fruit on top of the yogurt.
3. Repeat steps 1 and 2 until there are three different layers of yogurt.

SIMPLY GOOD EATING

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