



Give this recipe a try! Yogurt on the go!

This quick and easy-to-make dish is a great source of calcium and will help you jumpstart your morning or also great as a snack!

Prep time: 5 minutes

Ingredients:

3/4 c. low-fat fruit-flavored yogurt
1 tbsp. raisins
1 tbsp. sunflower seeds
1/3 c. strawberries

Directions:

1. Mix all ingredients in a cup.

Serves: 1

Serving size: approximately 1 1/4 cup

Nutritional analysis (per serving):

232 calories
7 g protein
4 g fat
0 g sat. fat
40 g carbohydrate
3 g fiber
3 mg cholesterol
88 mg sodium
222 mg calcium
0.9 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Variations and suggestions:

For a variety, use different flavored yogurt, fruit and nuts.

Source: www.kidshealth.org

