



Breakfast Fruit Cup

Lowfat yogurt dresses up this tasty fruit cup.

Makes 4 servings.

½ cup per serving.

Prep time: 5 minutes

Ingredients

2 oranges, peeled,
seeded, and sliced into
bite-size pieces

1 medium banana, peeled
and sliced

1 tablespoon raisins

⅓ cup lowfat vanilla yogurt

½ teaspoon ground
cinnamon

Preparation

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of lowfat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

Nutrition information per serving:

Calories 81, Carbohydrate 19 g,
Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 1 mg, Sodium 14 mg