

# FRUIT SALAD Sundae

Servings: **4**

Serving Size: **1**  $\frac{1}{4}$  cup

Prep Time: **5** minutes

## What You Need

- 1 cup sliced strawberries
- 1 cup peeled, sliced kiwi
- 1 cup cantaloupe chunks
- $\frac{1}{2}$  cup grapes
- 1 banana, peeled and sliced
- 1 (6-ounce) container of nonfat or lowfat vanilla yogurt
- $\frac{1}{2}$  cup toasted oat cereal

## Get Cookin'

- 1.** Put fruit in a medium bowl and mix together.
- 2.** Divide fruit into 4 cups or bowls.
- 3.** Top with yogurt and cereal, and serve.

