

Fruit Sundae

Ingredients

½ of a 5.3oz. Container of Dannon or Chobani Fat-Free Yogurt with fruit (Blueberry, Peach or Strawberry – Your Choice)

½ of a 5 – 7 oz. Raw Banana
3 Fresh Raw Medium Strawberries, cored, cleaned, and cut in halves

1 Fresh Peach sliced

1 Tablespoon Fig or other fruit Jam (without High Fructose Corn Syrup)

Recipe is completely fat free.

Ingredient	Calories
Yogurt	60
Fruit	115
Jam	50
Total:	225
Each Serving:	225

Directions

1. Place one half of the yogurt into the bottom of a small fruit bowl.
2. Slice the banana over the yogurt.
3. Half the 3 strawberries and place on top.
4. Add one tablespoon of the fruit jam.

Yield: 1 Serving

