

## Family Recipe

### BERRY YOGURT TREAT

An easy breakfast or snack

#### INGREDIENTS

1 bag of frozen mixed berries, thawed in the refrigerator

1 quart of low-fat yogurt (plain, vanilla, or honey)

Granola (optional)

Honey (optional)

#### DIRECTIONS

To make in a glass:

Use a  $\frac{1}{2}$  cup of yogurt for young children. Use about a  $\frac{1}{4}$  cup of berries per serving.

Place a few spoonfuls of yogurt in the bottom of a small glass. Top with a few spoonfuls of berries. If using plain yogurt, add a small amount of honey (optional). Add a few more spoonfuls of yogurt. Continue layering yogurt and berries until you the glass is almost full. Top with a little granola, if desired.

To make in a bowl:

Follow the directions above in a small bowl instead of a small glass. Use  $\frac{1}{2}$  cup of yogurt for young children. Use about  $\frac{1}{4}$  cup of berries.

