



Fresh Fruit and Yogurt

- 1 cup sliced strawberries
- 1 cup sliced bananas
- 1 cup grapes, halved
- 1 ½ cups plain or vanilla low-fat yogurt
- 2 Tbsp. honey*(if desired)

Mix berries in large bowl. Stir in yogurt and honey until coated.

Yield: 6 servings

Serving Size: Each serving provides a fruit/vegetable and a meat alternate a snack for children 3-5 years

*Do not serve products containing honey to children less than 2 years of age.