Get Up & Move!

Yogurt Fruit Sundae

Lowfat vanilla flavored yogurt – ½ cup per person
Fresh, canned or frozen fruit, chopped – ¼ cup per person
Lowfat granola – 2 tablespoons per person
Chopped nuts – ½ tablespoon per person

Place yogurt in small dish. Top with fruit, granola and nuts.
Offer a variety of fruits. Each person can make his/her own sundae.