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Berries with Banana Cream

Makes 4 servings

Less than 1% calories from fat

Ingredients:

1/3 cup yogurt, low-fat plain
1/2 banana
1/2 fluid ounce of fruit juice, orange works well
2 cups sliced strawberries
1 teaspoon honey (optional)
1 teaspoon cinnamon (dash)

Directions:

1. Combine yogurt, banana, and juice. Mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt mixture.
4. Top with honey and cinnamon

Source: Iowa Depart of Public Health

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 0mg	0%
Potassium 191mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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