

Berry Morning Mix

Ingredients:

1 c fat-free blueberry yogurt
1/2 c 1% cottage cheese
1/2 c blueberries and/or sliced strawberries
1-2 tbsp low-fat granola
1 tsp crushed walnuts or almonds
2 tsp grated dark chocolate

Directions:

In individual cups or large bowl, combine yogurt, cottage cheese, berries, granola, and nuts. Sprinkle chocolate on top.

Makes 2 Servings.

Dietary Exchanges: 1 Milk, 0 Vegetable, 1/2 Fruit, 0 Carb, 1 Meat, 1/2 Fat

Nutrients Per Serving:

159 Calories
3 g Fat
1.5 g Saturated Fat
22 g Carbohydrate
12 g Protein
5 mg Cholesterol
290 mg Sodium
2 g Fiber