

# Breakfast Sundae

1 pint fresh berries (blueberry, strawberry,  
etc.)

3 cups non-fat vanilla yogurt

1 cup granola

1/2 teaspoon finely grated orange rind

Instructions: Wash berries and pat dry. If using strawberries, hull and slice in half. Layer 1/3 cup yogurt into each of 4 dessert dishes. Alternate layers of fruit, granola and yogurt, ending with yogurt. Sprinkle grated orange rind on top.

Yield: 4 servings

**Nutrition Facts** (*per serving*): 77 Calories, 0 grams fat, 16 grams carbohydrate, 2 grams fiber