

BERRY BLEND

PLAN IT!

Plan your meals to save time

Food I already have in my pantry to prepare this recipe:

Food I need to purchase to prepare this recipe:

PREPARE IT!

Serves: 5-6 | Prep: 10 minutes

- 3/4 cup plain vanilla or Greek yogurt
- 1 1/2 cup strawberries
- 1/2 cup raspberries
- 1 1/2 c. blueberries
- 4-5 c. granola

Instructions

- Layer 1/4 - 1/3 cup of granola in the bottom of each cup.
- Next spoon about 1/4 - 1/2 cup of yogurt on top of the granola.

Notes

- for each cup).
- Cover each cup tightly with plastic wrap and seal with rubber band.
- Refrigerate for 1 hour.
- Remove the rubber band and spoon.
- Place in refrigerator for up to 3 days.

TIPS

- Put extra fruit in ziplock bags and eat on a snack
- Use different fruit to add variety to the recipe
- Recipe can be adjusted to the diet.

ENJOY IT!

Use MyPlate to plan your meal. Fill in the blanks with foods of your choice.

Fruits

- Grapes
- _____

Vegetables

- Carrots
- _____

Dairy

Yogurt

Grains

Whole grain toast

Protein

- Breakfast sausage
- _____

