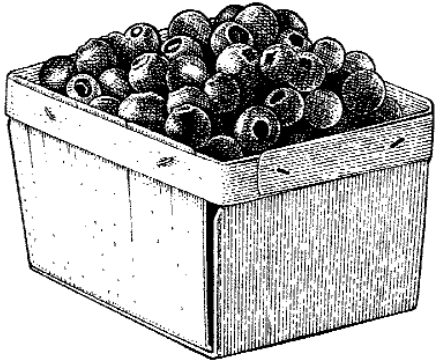


Corporate Crunch

Serves 8

4 cups low-fat, vanilla yogurt
2 cups blueberries
2 cups strawberries, cut in half
1 cup graham crackers, crushed



1. If using fresh fruit, wash and dry the fruit, slice the strawberries and remove leaves.
2. Place graham crackers in a sealed plastic bag or on plastic wrap and crush with the palm of your hand or a spoon.
3. Divide the fruit evenly into 8 individual bowls or cups.
4. Spoon $\frac{1}{2}$ cup yogurt on top of fruit and sprinkle with crushed graham crackers.

TIPS:

- Try other flavored yogurt (banana, peach, lemon, etc).
- Use different fruits in season.

Nutrition Facts:

Serving size: 1 cup; calories: 210; Fruits and Vegetables: 1 serving; Fat: 2 g; Fiber: 2 g



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