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Fruit Salad Sundae

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Serves: 4

Ready in: 5 mins.

Ingredients

1 cup sliced strawberries

1 cup peeled, sliced kiwi

1 cup cantaloupe chunks

½ cup Grapes

1 Banana *peeled and sliced*

1 (6-ounce) container of nonfat or lowfat vanilla yogurt

½ cup toasted oat cereal



What You'll Need

Knife

Cutting board

Spoon

Cups or bowls

Directions

1. Put fruit in a medium bowl and mix together.
2. Divide fruit into 4 cups or bowls.
3. Top with yogurt and cereal, and serve.

Nutrition Info and more

Serving size: 1¼ cups

Total calories: 140 Total fat: 1 g Saturated fat: 0 g Carbohydrates: 32 g Protein: 4 g Fiber: 4 g

Sodium: 55 mg