



Crunchy Berry Summer-time Sundae

Berries are in season now! Enjoy them while they are locally grown, taste their best and the price is right! Berries are a powerhouse of good taste and nutrition.

Healthy snacks help kids get energy and nutrients needed to grow, think and move! This snack has food from 3 food groups--Grains, Fruit and Dairy!

Ingredients:

Portions: Approximately one 1-cup serving

- ½ cup of low fat plain yogurt
- ¼ cup canned crushed pineapple (packed in 100% juice)
- ¼ cup of fresh blueberries, or strawberries, or raspberries, or blackberries!
- 2 Tablespoons of nut-free granola (or with nuts for an added protein punch!)

Directions:

Rinse blueberries (or the berries of your choice!)
 In a cup mix ½ cup yogurt with ¼ cup of crushed pineapple
 Layer 2 tablespoons of granola over the yogurt pineapple mixture
 Add blueberries on top.

Food Groups	Amount Per Portion
Grains	
Whole Grains	½ ounce(s)
Fruits	
Whole Fruit	½ cup(s)
Dairy	
Yogurt	½ cup(s)
Limits	Amount Per Portion
Total Calories	183 Calories
Added Sugars	12 Calories
Saturated Fat	13 Calories
Nutrients	Amount Per Portion
Protein	8 g
Dietary Fiber	2 g
Total Sugars	25 g
Added Sugars	3 g
Minerals	Amount Per Portion
Calcium	239 mg
Potassium	417 mg
Sodium	118 mg
Iron	1 mg
Vitamins	Amount Per Portion
Vitamin A	76 µg RAE
Vitamin C	11 mg
Recipe analysis: www.SuperTracker.usda.gov	