

Dried Plums with Peaches and Yogurt

Makes: 2 Servings

Make a tasty treat by repeating layers of fruit and low-fat yogurt in a tall glass. This recipe uses dried plums.

Ingredients

- 1/2 cup** canned peaches (drained)
- 1/2 cup** dried plums (chopped)
- 1** container nonfat vanilla yogurt (about 8 ounces)
- 1/2 cup** low-fat granola cereal (if you like)

Directions

- Put $\frac{1}{4}$ cup peaches into two tall glasses. Put $\frac{1}{4}$ cup dried plums on top of the peaches. Put $\frac{1}{2}$ cup yogurt on top of the plums.
- If using granola as a topping, add $\frac{1}{4}$ cup to each glass.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	350	
Total Fat	2 g	
Protein	9 g	
Carbohydrates	81 g	
Dietary Fiber	6 g	
Saturated Fat	0 g	
Sodium	150 mg	