



## November 4- Fruit and Nut Yogurt

*Not Smart Snack*

Link:

### **Recipe**

*Ingredients:*

- 1 tablespoon dried cranberries
- 1 tablespoon toasted slivered almonds
- 6-ounce plain fat-free yogurt

*Directions:*

1. Wash hands with warm, soapy water.
2. Combine all ingredients.

Yields 1 serving

### **Nutrition Facts**

Serving Size 1 cup (184.42g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 180      **Calories from Fat** 50

**% Daily Value\***

**Total Fat** 6g      **9%**

Saturated Fat 2g      **10%**

*Trans* Fat 0g

**Cholesterol** 10mg      **3%**

**Sodium** 120mg      **5%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber 1g      **5%**

Sugars 17g

**Protein** 10g      **21%**

Vitamin A 0%      •      Vitamin C 2%

Calcium 35%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.