

Berries with Banana Yogurt Topping



Ingredients:

- 1/3 cup low-fat yogurt
- 1/2 ripe banana
- 1 tablespoon orange juice
- 2 cups strawberries, sliced
- 1 teaspoon honey*
- 1 dash cinnamon

Instructions:

1. Combine yogurt, banana, and juice.
2. Mash mixture with a fork until most chunks are gone.
3. Wash and slice berries.
4. Top the berries with the yogurt banana mixture.
5. Top with honey and cinnamon.

Makes 4 servings.

**Honey should not be fed to children under the age of 1 year.*



Tarrant County Public Health
<http://health.tarrantcounty.com>