

Fruit Medley Yogurt Pudding

Equipment: Medium and small bowls, measuring cups and spoons, whisk

Prep Time: 7 minutes

Number of Servings: 6-8, depending on ages

4 tsp. lemon juice

2 bananas

Place lemon juice in bowl. Cut 8 banana slices. Place in lemon juice, coat and put to side for garnish. Mash rest of bananas with remaining lemon juice in medium bowl.

1 cup low-fat plain or vanilla yogurt (organic if possible)

1 1/2 cups Fruit Medley cereal, *Barbara's Bakery Puffin Puffs*

Put into bowl with bananas. Stir together. Serve with lemon coated banana slices.

OPTIONS: Add slivered almonds or sunflower seeds

4 God-made Food Colors: yellow, white, orange, purple

4 Food Groups: fruit, dairy, whole grains, sweet

PERFORMANCE RATING: 4/4

This is a treat made with real food containing important nutrients such as protein and complex carbohydrates. It is so easy to throw together and will impress your friends and family with how it looks and tastes. In fact, when you use plain yogurt, this becomes a healthier breakfast!

For a snack or dessert, a 4/4 rating is good. IF you add the nut or seed option, you not only increase your number of food groups, you also add protein to help balance the natural sugars of this recipes. Your kids could... and should... make this themselves. Save a little for their next day's lunch box. Enjoy this fruity recipe!

***KKA** means awarded the Kid Critics Approved Seal