

## Breakfast Fruit Cup

*Lowfat yogurt dresses up this tasty fruit cup.*



**Makes 4 servings.**  
*½ cup per serving.*

**Prep time:** 5 minutes

### Ingredients

- 2 oranges, peeled, seeded and sliced into bite size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- 1/3 cup low fat vanilla yogurt
- 1/2 teaspoon ground cinnamon

### Preparation

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded table-spoon of lowfat vanilla yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

**Nutrition information per serving:** Calories 81, Carbohydrate 19g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. California Department of Public Health.

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## Apple Oatmeal

*A tasty recipe packed with good-for-you foods*



**Makes 4 servings.**  
*¾ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 2 minutes

### Ingredients

- 1¼ cups 100% apple juice
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- ½ teaspoon ground cinnamon
- 1/8 teaspoon salt (optional)

**Nutrition information per serving:** Calories 157, Carbohydrate 34 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 78 mg



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### Preparation

1. Combine all ingredients in a medium, microwave safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

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