



Creamy Crunchy Freeze-Dried Frenzy



Entire recipe: 165 calories, 0.5g total fat (0g sat. fat), 180mg sodium, 40g carbs, 7g fiber, 12g sugars, 11g protein

Prep: 5 minutes



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Ingredients

6 oz. (about 3/4 cup) fat-free vanilla yogurt
1/4 cup freeze-dried fruit (any variety)
1/4 cup Fiber One Original bran cereal

Directions

In a mid-sized glass, layer half of each ingredient: yogurt, fruit, and cereal.

Repeat layering with remaining ingredients. Now devour!

MAKES 1 SERVING

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