

Fruit-a-licious Breakfast Cup

1 Start With Yogurt



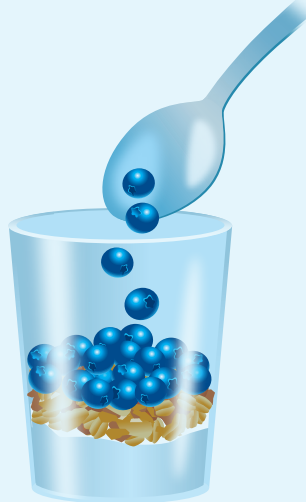
Spoon yogurt into your cup.

2 Add Some Crunch



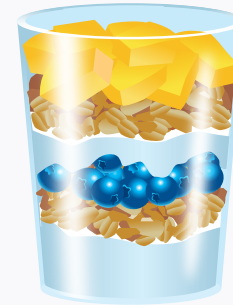
Spoon cereal on top of the yogurt.

3 Pick Fruit



Add some fruit on top of the cereal.

4 Make a Pattern



Add more yogurt, then cereal, then fruit.

5 Enjoy



Ingredients



low-fat yogurt



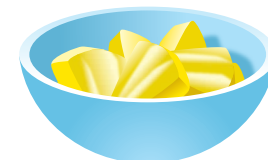
cereal

Choose fruits

apple



pineapple



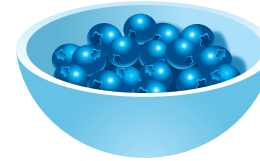
raisins



peaches



blueberries



banana



Taza de desayuno fruti-licioso

1 Comienza con yogur



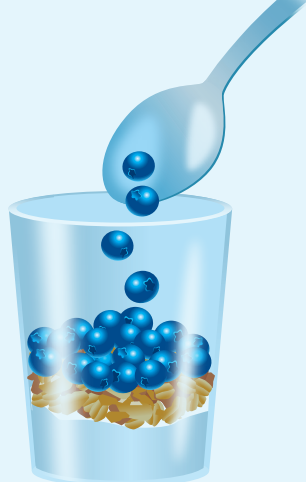
Vierte el yogur en tu taza.

2 Añade algo crocante



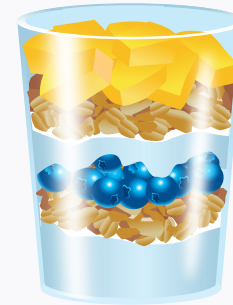
Coloca cereal sobre el yogur.

3 Elige una fruta



Añade algunas frutas sobre el cereal.

4 Diseña un patrón



Añade más yogur, más cereal y más fruta.

5 Disfruta



Ingredientes



yogur bajo en grasa



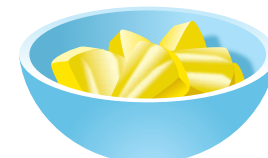
cereal

Elige frutas

manzana



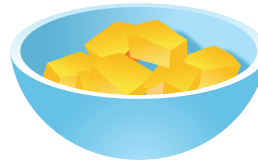
piña



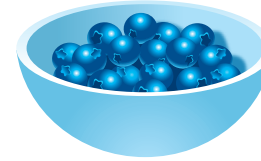
pasas



durazno



arándanos



banana

