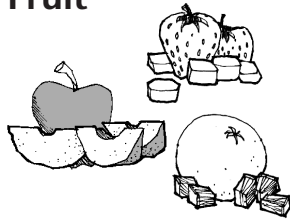


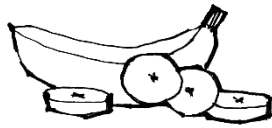
Yogurt Sundaes

Ingredients

Fruit



Granola



Yogurt

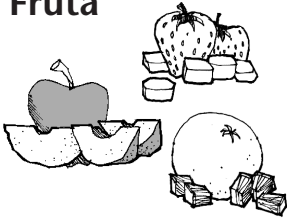


<p>1 Slice or chop fruit into bite-size pieces.</p>	<p>2 Fill cups 1/3 full with yogurt.</p>
<p>3 Top with a layer of granola...</p>	<p>4 ...and then add a layer of fruit.</p>
<p>5 Repeat with one more layer of yogurt, granola, and fruit.</p>	<p>Yogurt Sundaes give us:</p> <ul style="list-style-type: none"> CALCIUM Builds bones and teeth. VITAMIN C Keeps gums and blood vessels healthy. VITAMIN A Helps children grow; keeps skin and eyes healthy.

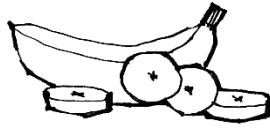
Yogur con Fruta

Ingredientes

Fruta



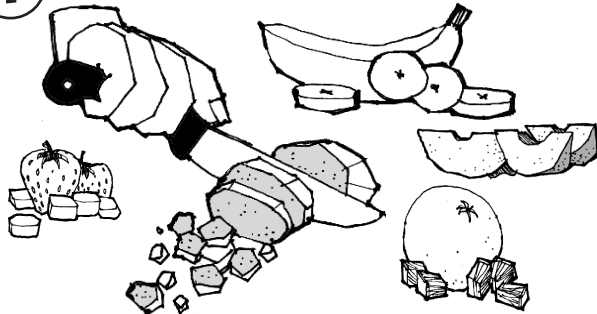
Granola



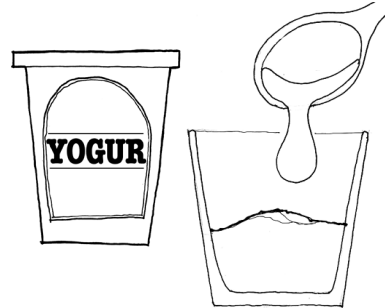
Yogur



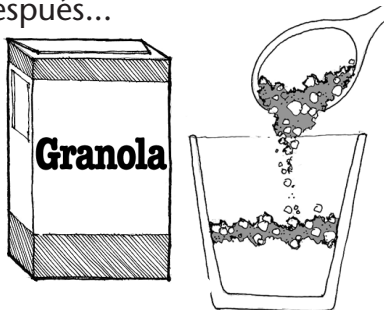
1 Corte la fruta en pedazos pequeños.



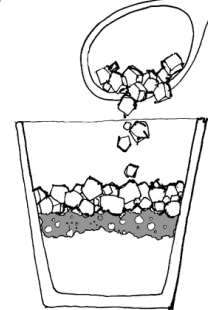
2 Llene un tercio del vaso con yogur.



3 Ponga una capa de granola y después...



4 ...una capa de fruta picada.



5 Repita las tres capas. Termine con nuez picada si quiere.



Yogur con Fruta nos da:



CALCIO

Forma los huesos y los dientes.



VITAMINAS

C

Mantiene sanas las encías y las venas.



VITAMINA

A

Ayuda en el crecimiento de los niños; mantiene la piel y los ojos sanos.