

Dried Plums with Peaches and Yogurt

Makes: 2 Servings

Make a tasty treat by repeating layers of fruit and low-fat yogurt in a tall glass. This recipe uses dried plums.

Ingredients

1/2 cup canned peaches (drained)

1/2 cup dried plums (chopped)

1 container nonfat vanilla yogurt (about 8 ounces)

1/2 cup low-fat granola cereal (if you like)

Directions

1. Put $\frac{1}{4}$ cup peaches into two tall glasses. Put $\frac{1}{4}$ cup dried plums on top of the peaches. Put $\frac{1}{2}$ cup yogurt on top of the plums.

2. If using granola as a topping, add $\frac{1}{4}$ cup to each glass.

Source: Recipe adapted from the California Dried Plum Board.

Nutrition Information

Nutrients	Amount
Calories	350
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	150 mg
Total Carbohydrate	81 g
Dietary Fiber	6 g
Total Sugars	54 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	230 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	