

Super Sundae



Prep time:
10 min



Cook time:
N/A



Yield:
2 Servings



Serving
Size:
1 Cup

Ingredients

1 cup low-fat vanilla yogurt
 $\frac{2}{3}$ cup canned chopped peaches
 $\frac{2}{3}$ cup fresh or frozen blueberries
2 tablespoons granola

Directions

Divide yogurt between 2 clear glasses or dishes.
Spoon half of the peaches and blueberries on top of the yogurt.
Sprinkle each sundae with granola.
Refrigerate leftovers within 2 hours.

Notes

Substitute any fruit you have on hand: try sliced bananas, canned mandarin oranges, or grapes cut in half.
Try different flavors of yogurt like lemon or strawberry.