

Healthy Eating

Start Your Day With A California Yogurt Cup

(NAPSA)—Many reach for yogurt for breakfast because it's convenient, tasty and healthy. This preparation also shows off its versatility. California Yogurt Cup makes a quick and delicious breakfast you can feel good about — high in calcium, protein, potassium and flavor. And you can make it with your favorite fruit so you can enjoy a new variation every morning.

The recipe combines creamy yogurt with fresh fruit for a refreshing taste. No-sugar preserves add a touch of sweetness and low-fat granola contributes satisfying crunch. It comes together quickly with plain yogurt and whatever fresh fruit you have handy, or you can experiment with different yogurt flavors and combinations of fruits and nuts.

Preparation is easy. Simply layer yogurt and other ingredients in a parfait cup or glass for an easy and delicious start to your day. Or if you're on the run, pop the ingredients in a plastic container and take it with you. Beyond breakfast, this tasty combination also makes for a satisfying and healthy snack.

Yogurt is a food you can feel good about eating any time of the day and is an excellent source of calcium. California is the nation's leading milk-producing state and is also a leading producer of many dairy products including butter, ice cream and yogurt.



The California Yogurt Cup is a healthy way to kick off the day.

California Yogurt Cup Makes 1 serving

- $\frac{3}{4}$ cup nonfat yogurt (plain, vanilla or favorite flavor)**
- $\frac{1}{2}$ cup diced fruit**
- $1\frac{1}{2}$ teaspoons no-sugar preserves**
- $\frac{1}{2}$ cup low-fat granola**

Spoon half the yogurt into a bowl or parfait glass. Add half the preserves and half the granola. Repeat with one layer each of remaining ingredients.

Suggested variations:

Strawberry yogurt, sliced strawberries and bananas, strawberry preserves.

Peach yogurt, diced fresh or frozen peaches, 1 tablespoon toasted pecans.

Apricot mango yogurt, chopped dried apricots, 1 tablespoon toasted walnuts.