Learn more at WholeKidsFoundation.org

Adding a variety of different-colored whole foods will help your body get a complete range of nutrients.

Draw your own vegetable or fruit!
Recipe of the Month

Berries & Yogurt

**Serving per Recipe:** 6
**Serving Size:** 1 cup

**Ingredients**
- 3 cups vanilla Greek yogurt
- 3 cups fresh berries or other fruit

*If desired, top with two tablespoons of cereal, granola, or nuts for an added crunch!*

**Fun Food for Thought:**
Greek yogurt is packed with protein to keep you full for hours. It can also be used as a substitute for mayonnaise and sour cream.

**Directions**
1. Wash hands.
2. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain excess juices. Cut into 1/4-inch thick slices. There should be about 3 cups total.
3. Layer 1/2 cup yogurt into each of the 6 cups or bowls. Top with 1/2 cup fruit.
4. If using, top with cereal, granola, or nuts.

How did you like the recipe?
(circle one)