

Berry Morning Mash

Time: 5 min

Ingredients:

- $\frac{1}{2}$ cup fat free blueberry yogurt
- $\frac{1}{4}$ cup low-fat cottage cheese
- $\frac{1}{2}$ cup sliced frozen blueberries and/or strawberries
- $\frac{1}{2}$ tablespoon fat-free granola



Directions:

- In a bowl combine yogurt and cottage cheese
- Top with frozen berries, granola, and nuts

Benefits: Low-fat or fat free dairy are sources of protein. These foods also deliver calcium and vitamin D.



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