



Prep time: 5 minutes

What you need:

- 6 ounces fruit-flavored fat-free Greek yogurt
- 1 fresh peach, sliced
- 1 teaspoon dried cranberries
- 1 teaspoon crushed walnuts, pecans, or almonds

Equipment and supplies:

- knife
- 16-oz. plastic cup
- measuring cup
- measuring spoon

Directions:

1. Place the yogurt in a plastic cup.
2. Layer the peach slices on top of the yogurt
3. Add cranberries.
4. Top with nuts.

How much does this recipe make? 1 serving