



Postre Crujiente de Frutas

Ingredientes:

- 2 latas de 16-onzas de duraznos, ciruelas, albaricoques o una combinación de estas frutas (enlatadas en su jugo)
- ¾ de taza de granola baja en grasa
- 1 contenedor de 8 onzas de yogurt de vainilla, sin grasa Una
- Una pizca de canela en polvo

Instrucciones:

1. Escorra la fruta y coloque en un recipiente grande.
2. Coloque la granola en un recipiente pequeño.
3. Para servir, eche una cucharada de fruta, una cucharada de yogurt, una cucharadita de granola y para acabar rocíelo con un poco de canela.

Variaciones:

- Sustituya la fruta enlatada con 12 pedazos de fruta fresca cortada.
- Sustituya graham desmigado o obleas de vainilla con granola bajas en grasa.

Rinde 8-10 porciones, ½ taza cada una

Fuente: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

Nutrition Facts

servings per container
Serving size 1/2 cup (121g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 22g 8%

Dietary Fiber 1g 4%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 1mg 6%

Potassium 144mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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