

Mediterranean Yogurt Sundae (May 2007)

Serves 1 | Prep time: 2 minutes

$\frac{3}{4}$ cup fat free greek yogurt (or regular yogurt)
1 T chopped walnuts
1 T sliced almonds
1 T raisins
1 tsp honey
1 tsp maple syrup
 $\frac{1}{4}$ tsp cinnamon

1. Scoop $\frac{3}{4}$ cup yogurt into a small bowl. Layer with walnuts, almonds and rasins.
2. Drizzle honey and maple syrup over top.
3. Garnish with cinnamon and eat!

Health Benefits

- *Good source of omega 3's, protein and calcium*
- *Good source of pro-biotics to promote healthy digestion*