

Eagle's Nest

Makes 2 servings | **Fruits** • **Dairy** • **Grains**

Ingredients

- 4 apricot or peach halves, canned or fresh
- $\frac{1}{3}$ - $\frac{1}{2}$ cup yogurt (any flavor) or cottage cheese
- $\frac{1}{4}$ cup granola or dry cereal (puffed rice, corn flakes, etc.)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If using canned apricots or peaches, drain off the juice or syrup. If using fresh, wash apricots or peaches, then cut in half and remove the pit.
3. Place two apricot or peach halves, cut side up, in center of plate for the nest.
4. Place 1-2 Tablespoons of yogurt or cottage cheese in the center of nest.
5. Sprinkle the top with granola or cereal.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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