

Eagle's Nest

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

Ingredients

- 4 apricot, peach, or pear 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, peaches, or pears, drain off the juice or syrup. If using fresh, wash apricots, peaches, or pears, then cut in half and remove the pit/seeds.
3. Place two fruit 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.



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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