

Strawberry Yogurt Cones



1 cup fresh California strawberries, stemmed and halved

1 cup non-fat yogurt: plain, vanilla or lemon

4 waffle cones

Colored sprinkles or granola, for garnish

In bowl, gently mix together strawberries and yogurt, reserving 2-3 halves for garnish. Spoon into waffle cones, dividing mixture equally. If desired, garnish with sprinkles or granola and remaining strawberry slices. Serve with spoons.

Makes 4 servings.

Nutrition Information Per Serving (with plain yogurt)

127 calories; .6 g fat; 1 mg cholesterol; 69 mg sodium;

27 g carbohydrate; 1 g fiber; 4 g protein

California

Strawberries

a healthy indulgence