

Hungry Kids Sundae

Makes: 4 servings

Preparation time: 10 minutes

Ingredients:

½	apple, chopped	½
1 ml	ground cinnamon	¼ tsp
½	half a banana, chopped	½
125 ml	small red or green grapes	½ cup
50 ml	raisins or dried cranberries	¼ cup
125 ml	low fat vanilla yogurt	½ cup
75 ml	low fat granola	1/3 cup
1	graham cracker, coarsely crushed	1

Directions:

1. In a bowl, combine apple and cinnamon to coat.
2. Add banana, grapes and raisins.
3. Pour yogurt over fruit and sprinkle with granola.
4. Top with graham cracker to serve.



Nutrition information:

Per Serving	
Calories	127 kcal
Fat	1 g
Sodium	38 mg
Carbohydrate	28 g
Dietary Fibre	2 g
Protein	3 g

This recipe is being used with permission from EatRight Ontario.

EatRight Ontario provides free nutrition advice from Registered Dietitians by phone or email to all residents of Ontario. Get answers to your healthy eating questions. Call 1-877-510-510-2 or send an email at www.eatrightontario.ca.

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Tips & Facts

Tip:

You can substitute a whole apple or banana if you don't want to use both. Try adding other favourite fruits like blueberries, chopped strawberries, blackberries or raspberries for a variety of colour and taste.

Ask your children to help:

This is a kid friendly recipe! Cut the fruit and let the kids make their own snack! Children like to eat foods that they helped to plan, shop and prepare.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/healthyeating



If you require this information in an accessible format, contact 1-800-841-2729.

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