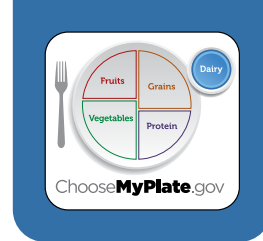


Bountiful Backpack

Layered Yogurt

Serves: 1

Serving Size: 1 layered yogurt cup



Ingredients:

- 1 cup non-fat light vanilla yogurt
- 1 tablespoon peanut butter (creamy or crunchy)
- 4 pretzel twists, crumbled
- 1/2 banana, sliced

Directions:

1. Wash hands.
2. In a small bowl, mix yogurt and peanut butter.
3. In a small cup, put yogurt mixture on bottom, top with banana slices and pretzels.
4. Serve immediately.



Nutrition Facts

1 servings per container

Serving size 1 yogurt cup (308g)

Amount Per Serving

Calories 390

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 390mg	17%
Total Carbohydrate 62g	23%
Dietary Fiber 3g	11%
Total Sugars 48g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 585mg	45%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.