

Scrumptious Sundae

1 cup plain or vanilla yogurt
1 banana
1 tablespoon wheat germ
1/2 cup chopped walnuts
Honey or maple syrup, to taste
2 large, fresh strawberries with stems

Spoon yogurt into 2 individual serving bowls. Slice banana into rounds and drop over yogurt. Sprinkle with wheat germ and walnuts. Drizzle honey or syrup over all. Top with strawberry, and serve.

Serves 2

Nutritional Benefits

This recipe contains plant-based fats, such as walnuts, wheat germ containing folate, and 20% of the RDA for Calcium.

Reproduced from Stoneyfield Farm© Yogurt Cookbook, Hirshberg, Meg Cadoux. Three Rivers Press, New York. 1999.