



TAN

PREPARASYON:

Soti 7 rive 10 minit

FÈ:

jiska 6 pòsyon
(1 tas pou chak pòsyon)

ENGREDYAN:

2 tas fwi fre ki koupe pou fè ti moso oswa 1 bwat konsè (15 ons) fwi ki anbale nan ji

2 tas yogurt awomatize (nenpòt savè)

2 tas *Cranberry Pecan Granola* (*Granola Kàn bèj ak Nwa Pekan*) (prepare granola a alavans avèk resèt ki nan liv *Eating Smart • Being Active Let's Cook! (Manje ak Entelijans • Rete Aktif Ann Fè Manje!)* a)

EKSPLIKASYON:

1. Si w ap itilize fwi fre, lave l anvan.
2. Rasanble, koupe pou fè ti moso epi mezire tout engredyan yo anvan w kòmanse prepare resèt la.
3. Touswit anvan w manje l, etale nan yon vè oswa tas: $\frac{1}{3}$ tas fwi, $\frac{1}{3}$ tas yogurt, $\frac{1}{3}$ tas granola.*
4. Mete rès yogurt ak fwi yo nan frijidè nan limit 2 èdtan epi manje yo nan 3 jiska 5 jou.
5. Konsève granola a nan yon resipyan ki fèmen yon fason èmetik nan tanperati anbyan epi manje l nan limit 1 semèn.

Nutrition Facts	
6 servings per container	
Serving size	1 Cup (204g)
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 60mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 24g	
Includes 7g Added Sugars	14%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 1mg	6%
Potassium 318mg	6%
<small>*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.</small>	

Sèvi ak kreativite w! Ranplase granola a ak sereyal konplè prefere w.

* Fè dejene ideyal la touswit anvan w manje l, sinon granola a ap vin mou.

Pou plis ebfòmasyon sou EFNEP, vizite:

<https://efnep.ifas.ufl.edu>

Materyèl sa a baze sou travay ke Enstiti Nasyonal Manje ak Agrikilti (National Institute of Food and Agriculture), Depatman Agrikilti Ameriken (U.S. Department of Agriculture), EFNEP sipòte. USDA ak Ekstansyon IFAS Inivèsite Florida a se founisè ak anplwayè ki garanti egalite chans.