



# *Cent\$ible Nutrition Program*

*Helping Families Eat better for Less*

## *Ring Around the Rainbow\**

- 4 tablespoons lowfat yogurt
- 2 tablespoons whole-grain cereal
- 2 tablespoons fruit #1
- 2 tablespoons fruit #2

1. Put 2 tablespoons of yogurt in a clear cup.
2. Add 1 spoon of cereal.
3. Add 2 tablespoons of one fruit and 2 tablespoons of another. Try using different colors of fruit.
4. Add 2 more tablespoons of yogurt and top with another tablespoon of crunchy cereal. Makes 1 serving.

### **Children can:**

Measure as they assemble this rainbow.

*\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.*



TV Show

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Visit us on the web: [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible)

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