Berries and Granola Snack
Makes 2 Servings

¼ cup Low-fat artificially sweetened yogurt
2 Quaker Multigrain Rice Cakes
¼ cup blueberries
¼ cup raspberries
1 Tablespoon Quaker Oats Low-fat Granola

1. Spread 2 tablespoons of yogurt over each rice cake, spreading almost to the edges.
2. Top each with 2 Tablespoons of blueberries and raspberries and sprinkle with granola.

Nutrition Info:
Calories: 120
Fat: 1 g
Protein: 3 g
Carbs: 25 g
Sodium: 70mg