



## **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

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

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.