

# Orange Yogurt Cups with Shredded Wheat Crisps

## Ingredients:

(Serves 6-8)

- 3 cups low-fat or non-fat yogurt
- 1 ½ large shredded wheat biscuits, crumbled
- 2 navel oranges, peeled



## Directions:

- 1** Peel orange and chop into pieces no larger than ½ an inch.
- 2** Spoon half of the yogurt evenly into four individual cups.
- 3** Add the orange pieces on top of the yogurt.
- 4** Add the rest of the yogurt on top of the oranges.
- 5** Sprinkle the shredded wheat pieces on top of the yogurt and serve! Make sure the pieces of shredded wheat are no larger than ½ an inch.

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## **Tips:**

- 1** This is a fun and easy anytime snack or a breakfast that seems fancy but is really simple! Kids can help with all the steps, except chopping with a knife.
- 2** Canned Mandarin oranges may be used instead of fresh oranges. Just look for ones in their own juice or in light syrup, NOT heavy syrup.
- 3** You may want to try different types of citrus fruits, like tangerines or clementines, depending on what is available in your store.
- 4** Keep leftovers in the refrigerator, but keep in mind that the shredded wheat will get soggy. Try making only half of the recipe, or add the shredded wheat just before you are ready to serve!
- 5** This is a great way for you and your family to get some of the servings of fruit, low-fat dairy and whole grains that you need.

