

Smart Cones



Makes
5 cones

Prep time
5 minutes

Low in
Fat
Sodium

Ingredients:

- ¾ cup mango chunks or other fruit of your choice, fresh or frozen
- 4 Tbsp. granola, homemade or store bought
- 1 cup non-fat vanilla yogurt
- 5 ice-cream cup cones

Nutrition Facts

5 servings per container	
Serving size	1 Cone
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 1mcg	6%
Calcium 60mg	4%
Iron 0mg	0%
Potassium 80mg	2%

*The % Daily Value 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.



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Directions:

1. Dice fruit chunks into smaller pieces. Set aside 1 Tbsp. of diced fruit and add the rest to a mixing bowl.
2. Set aside 1 Tbsp. of granola and add the remaining to the mixing bowl with fruit.
3. Add in yogurt. Mix all ingredients well.
4. Fill one cone with 3 Tbsp. of the yogurt mixture. Repeat with remaining yogurt mixture and cones.
5. Use the fruit and granola you set aside to top the yogurt cones.
6. Serve immediately or refrigerate.

Change it up: Use different flavors of non-fat yogurt, a variety of local or fresh fruits, or mix in nuts, seeds, or whole-grain cereals. Layer the yogurt, fruit, and granola in a cup or bowl and serve as a parfait.

