



Easy Fruit & Yogurt Breakfast

NIBBLEDISH CONTRIBUTOR

Ingredients

- .5 cup yogurt
- 1 Bosc Pear
- 1 Small Banana
- .25 cup Blueberries
- 3-4 Strawberries
- Lemon wedge
- Honey (optional)
- Cinnamon (optional)
- Oatmeal (optional)
- Lemon (to preserve remaining fruit)

Instructions

I like quick and easy meals, and this breakfast is no exception. It can be made with most fruits. But since it's winter, I keep a supply of Bosc Pears, Oranges, Bananas and Blueberries around. You can also make with frozen fruits, such as a bag of mixed berries.

Start. Grab two bowls. The first, about a cup size bowl will be the serving bowl, the second a soup or storage size bowl, will keep the remaining fruit.

Rinse your fruit well. I generally start with the strawberries and banana. Slicing the 2 to 3 small strawberries into the bottom of the serving bowl, followed by 4 or 5 slice of the banana. The remaining banana and strawberries, I finish slicing, and place in storage bowl.

I'll add the 1/2 cup yogurt now. You can use plain or vanilla yogurt.

Top the yogurt with your favorite remaining fruit. Pictured, I've done Bosc Pear, Orange, and Blueberries. Just enough to fill the bowl.

When using fresh fruit, expect their to be some remaining fruit, unless you are preparing for two or more people.

Plate. For the fruit and yogurt in the serving bowl, you can now add finishing touches. If you have a sweet tooth, a drizzle of honey and oatmeal is amazing. If your watching your cholesterol or want to be more healthy in general, use a sprinkle of cinnamon. You're ready to eat.

Storage. Before you eat, let's quickly take care of the remaining fruit. It should all be cut and stored in the storage bowl. Take the lemon wedge and squeeze juice over the fruit and mix. This will keep the banana and pear from discoloring to fast. Cover with lid, and consider adding to a salad at lunch or for desert at diner. Place in refrigerator.

Calories. 1 cup is approx. 110 calories. Less if you just use fresh berries instead of the banana. Or more if you sprinkle with honey (+30-60 calories for honey).