

### **YOGURT CRUNCH**

5 oz Greek yogurt or plain yogurt

4 walnut halves

3 tbsp All-Bran,

1/4 cup granola

1 small can of pineapple packed in water or own juice

Fill bowl with 3 oz of yogurt. Top with All-Bran and granola. Add pineapple, then top with walnut halves.