

## Dessert for Breakfast?

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Wheat, Soy\**

1/2 cup grapes

1 cup plain or vanilla yogurt

1 TBLSP Maple Syrup or Honey

Other toppings as allergies allow (grapenuts, pecans, cereals, etc.)

Put one cup of yogurt into a cereal dish. Cut the grapes in half. Sprinkle the grapes and any optional toppings on top of the yogurt and then drizzle with honey or maple syrup.

Servings: 1 (\$1.34+/serving)

***\*This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***