Yogurt Crunch Parfaits

3/4 cup fresh or frozen blueberries
2 (8 oz) cartons lemon low-fat yogurt
1/4 cup crushed breakfast cereal

Spoon 3 Tablespoons blueberries into each of four glasses. Top each with 1/2 carton lemon yogurt. Sprinkle 1 Tablespoon crushed cereal over yogurt in each glass. Serve immediately.

Yogurt Popsicles

1 (6 oz) can frozen orange juice concentrate
4 Tablespoons fruit-flavored gelatin (any flavor)
1 (16 oz) container plain yogurt
12 (3 oz) paper cups or ice cube tray
12 wooden sticks or toothpicks

Place frozen orange juice concentrate in a saucepan and sprinkle with any flavor fruit gelatin. Cook over low heat, stirring constantly, until gelatin dissolves. Cool. Pour yogurt into gelatin mixture and stir until smooth. Place cups together on a baking pan. Pour yogurt mixture into paper cups and cover the cups with a sheet of aluminum foil. Insert a stick for each popsicle by making a slit in the foil over the center of each cup. Freeze popsicle until firm. Run warm water on outside of cup to loosen each popsicle from the cup. If using ice cube tray, pour mixture into tray and cover tray with a sheet of waxpaper. Insert toothpick into the center of each section by pushing through waxpaper into mixture. Freeze until firm.
### Nutrition Facts using Cheerios

**Servings Per Recipe**: 4  
**Amount Per Serving**
- Calories: 136  
- Total Fat: 1g  
- *Vitamin A*: 4%  
- *Calcium*: 18%  
- 10% of total calories from fat  
- Sodium: 82mg  
- *Vitamin C*: 4%  
- *Iron*: 2%

*Percentage Daily Values*

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### Nutrition Facts

**Servings Per Recipe**: 12  
**Amount Per Serving**
- Calories: 49  
- Total Fat: .6g  
- *Vitamin A*: 1%  
- *Calcium*: 7%  
- 11% of total calories from fat  
- Sodium: 28mg  
- *Vitamin C*: 34%  
- *Iron*: 1%

*Percentage Daily Values*