

Lunchbox Yummies: Healthy Yogurt Cups

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Many flavored yogurts at the grocery store come with a hefty dose of added sugar. Plain yogurt with fruit is cheaper and better for you. Mix in some whole grains to make it a meal.

Make-ahead Yogurt Cups

Ingredients:

- 6 ounces plain Greek yogurt
- 2 tablespoons milk
- 1/3 cup old-fashioned oats
- 1 teaspoon chia seeds (optional)
- 1 cup frozen berries* (no sugar added)

Directions:

Mix yogurt, milk, oats and chia seeds. Put half the yogurt mix in a container (glass or plastic) with a tight-fitting lid. Top with half of the berries, the rest of the yogurt and rest of the berries. Make these in the evening for a quick breakfast.

Yogurt Granola Parfaits:

Ingredients:

- 6 ounces plain yogurt
- ½ cup fruit of your choice (fresh or frozen*)
- ½ cup granola or chopped nuts

Directions:

Put yogurt in a container with a tight-fitting lid. Top with fruit and granola.

*Use frozen fruit straight from the freezer. By lunch or snack time the fruit will have thawed.