



No-Bake Peach Yogurt Cups

Yield: 4 snack cups

INGREDIENTS



- 2 ripe peaches, diced
- 1½ cups plain or vanilla Greek yogurt
- ½ cup low-sugar granola
- 1 tsp cinnamon (optional)
- 1 Tbsp chopped pecans or walnuts (optional)
- Fresh mint for garnish (optional)

DIRECTIONS



- 1 Wash your hands.
- 2 Wash, pit, and dice the peaches into bite-sized pieces.
- 3 Spoon about ¼ cup Greek yogurt into each serving cup or small bowl.
- 4 Top with diced peaches.
- 5 Sprinkle with granola.
- 6 Add cinnamon and chopped nuts, if using.
- 7 Garnish with fresh mint for extra color (optional).
- 8 Serve immediately or refrigerate until ready to enjoy.



WHY WE LOVE THESE PEACH CUPS!



Peaches provide vitamin C, potassium, and fiber.



Greek yogurt is packed with protein and calcium to help keep you satisfied.



Granola adds whole grains for lasting energy and crunch.



Nuts (optional) provide heart-healthy fats and plant nutrients.

NUTRITION TIP



Enjoy peaches fresh, frozen, or canned (packed in 100% juice)!

One medium peach has only about 60 calories and provides vitamin C, fiber, and potassium—making it a naturally sweet and nutritious snack.



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