

# Recipe

## Good Morning America

By

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## Ingredients

5 green grapes  
5 red grapes  
6 Blackberries  
1/4 - 1/3 piece of a banana  
2 strawberries  
1/2 cup yogurt  
1/4 cup cereals\*

## Preparation

Cut grapes into half to prevent choking for your child. Present all fruits in an attract way on a plate. In the center of the plate, place a bowl of 1/2 cup of yogurt and top with 1/4 cup cereals\* (low sugar and high fiber is preferred).

\*\*\*You need at least 3 various types of fruits daily for your child. You may use any fruits you have handy.

## Serves

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Hare Rama Hare Rama Rama Rama Hare Hare