

## **Fresh Fruit, Nuts, and Yogurt**

- 3 figs cut into quarters and 1/2 cup berries\*
- 2 heaping T. of low fat plain yogurt with no added sugar
- 7 walnuts or other nuts chopped
- 1 T. flaxseed meal
- 1 - 2 heaping teaspoons lecithin (available in the refrigerated section of natural foods stores) - optional

**330 calories**

**Serves 1**

\*Other fruit ideas: 1/2 mango, 1/2 papaya, pears, apples, nectarines, berries, oranges, peaches, plums, whatever is in season, combined or by itself. If it's winter and there's not much available, buy frozen fruit.

Sprinkle a teaspoon of cinnamon on top for flavor and to keep your blood sugar low.