



Yogurt Dipped Strawberries

Yogurt dipped strawberries are one of my favorite healthy snacks. They taste amazing -- especially when strawberries are in season -- and they're loaded with fiber, calcium, vitamin C and more.

I like to use a plain or fruit and nut granola for the topping, because it adds a nice crunch to these yogurt dipped strawberries. But feel free to use your favorite kind.

Prep Time: 10 minutes

Total Time: 10 minutes

Ingredients:

1 quart fresh strawberries
1/2 cup low-fat vanilla yogurt
1/4 cup granola

Preparation:

1. Wash and dry strawberries with a paper towel. Do not remove stems.
2. Beat yogurt until very smooth.
3. Place granola in a small bowl.
4. Dip strawberries, one at a time, first in the yogurt, then into the granola, pressing gently with your fingers to help the granola adhere.
5. Place strawberries on a plate. Refrigerate until ready to serve.