



INGREDIENTS

- 4 Cups Greek Yogurt
- ½ Cup Honey*
- 1 Cup Mixed Nuts (walnuts, almonds, and pecans)
- ¼ Cup Pistachios (chopped)

DIRECTIONS

1. Transfer yogurt into a serving bowl, smoothing the top until it's even.
2. Slowly pour honey in a spiral over the yogurt.
3. Scatter a mix of walnuts, almonds, and pecans across the yogurt. Then add pistachios.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ¼ Cup

School Age: ½ Cup

Adult: ½ Cup

*The American Academy of Pediatrics (AAP) warns against feeding honey to infants under 12 months old