



Creamy Fruit Layers on Graham Crackers

Kern County Aging and Adult Services

FAST AND EASY DELICIOUS BREAKFAST!

- Fast and Easy Delicious Breakfast
- Low-cost, helps stretch you dollars
- Provides protein and fiber
- Minimal cooking equipment used
- Enjoy learning a good recipe for food that incorporates the Dietary Guidelines for Americans to keep you excited about eating and staying healthy!



Recipe:

Ingredients

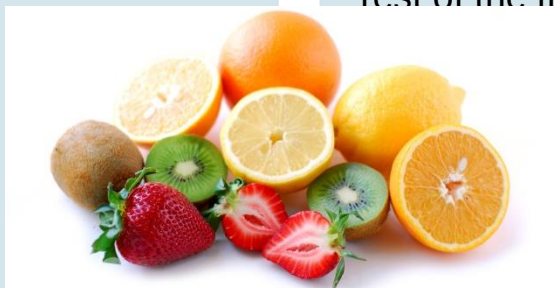
- 1/4 cup of cottage cheese, ricotta cheese, or plain yogurt.
- Lemon or orange peel for zest if you have it.
- 1/2 cup of fruit.
- 1 graham cracker square.
- Raspberries or blueberries (optional).

Directions

1. Place half the fruit atop the graham cracker square.
2. Top with cottage cheese (you can also use ricotta cheese or some plain yogurt mixed with lemon or orange zest from the peel).
3. Top with the rest of the fruit.

Helpful Hints

- Various brands of Graham Crackers can be used for this recipe. You may want to check prices for the best deal.
- Frozen raspberries or blueberries can be used if they are out of season.
- This recipe can be used as a snack or for breakfast as it includes yogurt and fruit needed to start your day.



Frequently asked Questions

- What is the difference between the ricotta cheese and the cottage cheese?
 - The ricotta cheese had less sodium and less sugar. For example, in this demonstration the ricotta cheese used had 150 mg of sodium while the cottage cheese had 470 mg of sodium.
- How much sodium do we need each day?
 - 1500mg
- What are the benefits of eating raspberries and other berries?
 - Raspberries contain strong antioxidants like Vitamin C that are good for fighting against cancer, heart disease and age-related decline. Blue berries have similar benefits.
- What if I can't find/afford any berries?
 - If you can't find fresh berries you might want to check in the frozen section (they still have the same benefits if frozen) or if the price is too high or they are out of season you can use other fruits like sliced strawberries or oranges cut into small pieces (both also contain antioxidants and other vitamins you need).

Comments from Seniors



"I enjoyed watching the nutritionist prepare the meal, I saw how easy it was and I feel like I can make it at home on my own now."



"I found this food demonstration helpful because the food was fueling, nutritious, and easy"